


# *Service Directory*



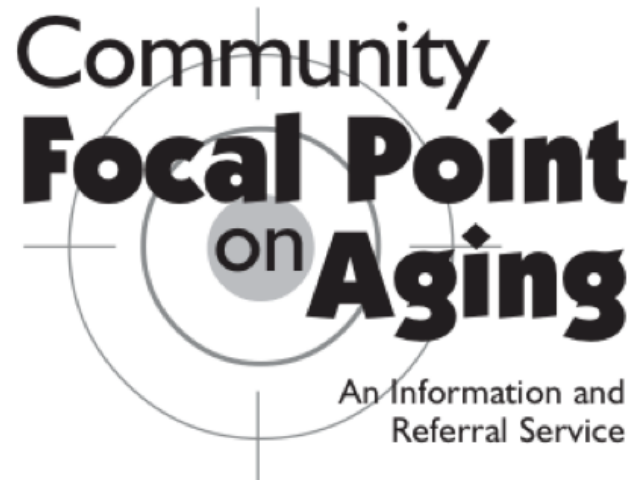
## Community **Focal Point** on **Aging**

An Information and  
Referral Service

*Prepared by the*  
Focal Point Volunteer Staff

**May 2013-2014**

City of Torrance Community Services Department  
3031 Torrance Boulevard • Torrance, CA 90503



**Bartlett Senior Center**  
**RUSS NOLTE ANNEX**  
**1339 Post Avenue Torrance, CA 90501**  
**(310) 320-1300**

*Printed by Torrance Memorial Medical Center*

# FOCAL POINT



The Torrance Focal Point on Aging is one of 48 Focal Points designated by the Los Angeles County Area Agency on Aging. The Focal Point is an information and referral service where older adults can learn of community resources to meet their emotional, physical and social needs.

The Focal Point program is housed in the Russ Nolte Annex, adjacent to the Bartlett Senior Center in downtown Torrance. They provide information to seniors, their families, and caregivers about such services as: transportation, housing, meals, health care, health insurance, social and legal services, etc. Throughout the year a great deal of effort goes into compiling and updating this directory. We'd like to acknowledge and thank all of our Focal Point volunteers who are involved in producing this annual service directory.

Volunteers are available at the Focal Point office, located at 1339 Post Avenue in Torrance. Office hours are: Monday through Friday, 9 a.m. to 3 p.m. No appointment is necessary and walk-ins are welcome. For further information, please call 310-320-1300.

Website: [www.torranceca.gov/parks/6619.htm](http://www.torranceca.gov/parks/6619.htm)

# **CITY OF TORRANCE**



## **SENIOR CITIZENS' SERVICE DIRECTORY**

This directory has been compiled by the Focal Point program volunteers and is provided by the city of Torrance Community Services Department. It is a guide to comprehensive programs and services that may be of help to seniors and those who assist seniors. Inclusion does not imply endorsement, and failure to list a resource implies no criticism.

The directory contains information on community resources that are available for everything from minimal assistance to total care. Listings are as accurate as possible, and periodic updates will be available. To inform us of corrections, deletions, or additional information, please call the Focal Point office at 310-320-1300.

In general, many of the agencies and resources listed are located in Torrance. However, a number of resources in communities surrounding the South Bay are also included. In some instances, the nearest location for a resource might be in Los Angeles, Sacramento or Washington, DC. All times listed is Pacific Time, unless otherwise noted.

## **HOW TO USE THIS DIRECTORY**

The directory is cross-referenced in two ways:

The TABLE OF CONTENTS page is located at the front of the directory and shows resources listed by category, in alphabetical order. Use this page to locate the type of assistance you need. It will refer you to a page number where you will find a number of PROVIDERS that fall into that specific category. Use this section if you know the type of assistance you are seeking.

The INDEX, located at the back of the directory, contains a complete listing of all the providers in the directory in alphabetical order. Because some providers fall into more than one category, the INDEX will list all the page numbers where a specific provider has been listed. Use this section if you know the name of the provider for which you are searching.

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# **ABUSE**

## **Abuse Hotline**

**800-978-3600**

24 hrs.

Services: Deals with domestic violence between intimate partners, primarily women and children. Twenty-one shelters for women and children in L.A. County. In case of emergency, call 911. Also see Hotline/Urgent category.

Website: [www.da.lacounty.gov/domv.htm](http://www.da.lacounty.gov/domv.htm)

## **Adult Protective Services**

**877-477-3646**

Community and Senior Services

24/7

3333 Wilshire Blvd., Ste. 400

Los Angeles, CA 90010

Assists seniors 65 yrs. and older who are endangered due to unsafe living conditions, neglect, financial or physical abuse. Disabled, 18 yrs. and older. Non-facility abuse. Serves L.A. County with a 24-hour hotline: 877-477-4646. Also see Advocacy and Hotline/Urgent categories.

Website: [www.cdss.ca.gov](http://www.cdss.ca.gov)

## **Center for the Pacific-Asian Family**

**310-329-0270**

14112 S. Kingsley Dr.

M-F, 8-5

Gardena, CA 90249

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline @ 800-339-3940. Also see Hotline/Urgent category.

Website: [www.nurturingchange.org](http://www.nurturingchange.org)

# **ABUSE**

## **Elder Abuse Hotline**

**800-992-1660**

Emergency: 911

24 hrs.

Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish also spoken.

Also see Hotline-Urgent category.

Website: [da.lacounty.gov/seniors](http://da.lacounty.gov/seniors)

## **Long Term Care Ombudsman**

**800-334-9473**

Wise and Healthy Aging  
1527 4th St., Second floor  
Santa Monica, CA 90401

M-F, 8-5

Facility abuse and complaints are investigated on behalf of licensed nursing homes, board and care residents, and convalescent hospitals. Local office in Lakewood, which serves Torrance, can be reached at 562-925-7104. After hour hotline: 800-231-4024.

Also see categories Advocacy, Complaints and Hotline/Urgent.

Website: [www.la4seniors.com/ombudsman.htm](http://www.la4seniors.com/ombudsman.htm)

## **National Council on Alcoholism and Drug Dependence**

**310-328-1460**

1334 Post Ave.  
Torrance, CA 90501

M-F, 8:30-5:15

Non-profit agency offering services on a sliding scale. Also see Advocacy category.

Website: [www.ncaddsb.com](http://www.ncaddsb.com)

## **Rainbow Services**

**310-547-9343**

453 W. 7<sup>th</sup> St.  
San Pedro, CA 90731

24-hr. hotline

Battered adult services. Legal referrals, counseling, support groups, and shelter. Bilingual (Spanish). Also see Advocacy and Hotline/Urgent categories.

Website: [www.rainbowservicesdv.org](http://www.rainbowservicesdv.org)

## **ABUSE**

### **Victim-Witness Assistance Program**

825 Maple Ave., Rm. 190  
Torrance, CA 90503

**800-380-3811**  
**310-222-3599**  
M-F, 8-4:30

Victims who suffer physical and/or emotional injury or a survivor of a person who dies as a direct result of the crime are eligible for the program. Services include crisis intervention, counseling resource and referral, court escort/support services, emergency assistance financially and legal, assistance with filing a CA Victim Compensations Claim and victim's property return. Main focus is elder abuse. Also see Advocacy category.  
Website: [www.da.lacounty.gov/vwap](http://www.da.lacounty.gov/vwap)



## **ADVOCACY**

### **Adult Protective Services**

**877-477-3646**

Community and Senior Services  
3333 Wilshire Blvd., Ste. 400  
Los Angeles, CA 90010

24 hrs.

Assists seniors 65 yrs. and older who are endangered due to unsafe living conditions, neglect, financial or physical abuse. Disabled, 18 yrs. and older. Non-facility abuse. Serves L.A. County with a 24-hour hotline: 877-477-4646. Also see Abuse and Hotline/Urgent categories.  
Website: [www.cdss.ca.gov](http://www.cdss.ca.gov)

### **Asian Community Service Center**

**310-217-7300**

14112 S. Kingsley Dr.  
Gardena, CA 90249

M-F, 8–5

Information and referral agency for health and welfare. Also provides a food basket once a month for low-income individuals. L.A. Mental Health Clinic open daily.  
Call 310-217-7312 to make an appointment.  
Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

### **California Advocates for Nursing Home Reform**

**800-474-1116**

650 Harrison St., 2nd floor  
San Francisco, CA 94107

M-F, 9-5

Advocates on behalf of nursing home residents and provides consumer information and pre-placement counseling on 1400 nursing homes in the state. Provides legal referrals in areas of residents' rights violations, Medi-Cal, conservatorship, estate planning for long-term care, wills, trusts, and durable powers of attorney.  
Website: [www.canhr.org](http://www.canhr.org)

Nursing home inspection reports complete with information about health or fire code deficiencies can also be viewed.  
Website: <http://projects.propublica.org/nursing-homes>

## **ADVOCACY**

### **Cancer Support Community**

**310-376-3550**

Pier Plaza  
109 W. Torrance Blvd., Suite 100  
Redondo Beach, CA 90377

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Orange County, and Long Beach. Also see Education and Health Services categories.

Website: [www.cancersupportredondobeach.org](http://www.cancersupportredondobeach.org)

### **Caring Connections**

**800-658-8898**

1731 King St.  
Alexandria, VA 22314

M-F, 9-5 ET

Provides information to the public and professionals on issues dealing with end-of-life crisis. Their goal is to improve the quality of care for dying people and offer support for their relatives and friends. Counseling and educational services provided.

Website: [www.caringinfo.org](http://www.caringinfo.org)

### **Center for the Pacific-Asian Family**

**310-329-0270**

14112 S. Kingsley Dr.  
Gardena, CA 90249

M-F, 8-5

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline @ 800-339-3940. Also see Hotline/Urgent category.

Website: [www.nurturingchange.org](http://www.nurturingchange.org)

## **ADVOCACY**

### **Commission for Accreditation of Rehabilitation Services**

**888-281-6531**

CARF International  
6951 E. Southpoint Rd.  
Tucson, AZ 85756

M-F, 8-4:30

Independent, non-profit organization promoting quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of persons served. Fields of concentration include aging services, behavior health, employment, community services, medical rehabilitation (including durable medical equipment, prosthetics, orthotics, and supplies), and an Opioid Treatment Program.  
Website: [www.carf.org](http://www.carf.org)

### **Congress of California Seniors**

**213-626-1903**

**800-543-3352**

Angeles Plaza  
255 S. Hill St., Suite 327  
Los Angeles, CA 90012

M-F, 8:30-5

Senior advocacy organization with members throughout California. Works on issues such as health care, social security, housing, taxes, nursing home reform, and consumer protection. Conducts educational programs on elderly nutrition, elder abuse, and other subjects. Also see Legislation category.  
Website: [www.seniors.org](http://www.seniors.org)

### **Consumer Affairs - L.A. County**

**310-325-1035**

24340 S. Narbonne Ave.  
Lomita, CA 90717

T, Th, 8:30-12,  
1-4:30

Assists with consumer complaints and tenant-landlord problems, and has a small claims advisor program. Also provides assistance with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Main office for urgent issues: 800-593-8222. Also see Complaints and Legal categories.  
Website: [dca.lacounty.gov](http://dca.lacounty.gov)

## **ADVOCACY**

### **Disability Rights-California**

**800-776-5746**

**213-213-8000**

M-F, 9-5

Los Angeles Legal Office  
350 S. Bixel St. Suite 290  
Los Angeles, CA 90017

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights. Also see Disabilities and Legal categories.

Website: [www.disablilityrightsCA.org](http://www.disablilityrightsCA.org)

### **Disability Rights Legal Center**

**213-736-1334**

**866-999-3752**

M-F. 9-5

Community Advocacy Program  
Loyola Law School Public Interest Law Center  
800 S. Figueroa St., Suite 1120  
Los Angeles, CA 90015

Formerly the Western Law Center for Disability Rights, the center provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, mediation of disputes involving disability issues, and lawyer referral services. Spanish also spoken. Also see Disabilities and Legal categories.

Website: [www.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

### **Eldercare Locator**

**800-677-1116**

M-F, 9-5 ET

Referrals to local and state organizations for information on community services for the elderly and disabled 60 years and older, anywhere in the country.

Website: [www.eldercare.gov](http://www.eldercare.gov)

## ADVOCACY

### **Family Caregiver Alliance**

**800-445-8106**

180 Montgomery St., Suite 900  
San Francisco, CA 94104

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshops, and personal stories. Also see Alzheimer's category.

Website: [www.caregiver.org](http://www.caregiver.org)

### **Fiduciaries Bureau, Professional**

**916-574-7340**

P.O. Box 989007  
West Sacramento, CA 95798-9007

Regulates non-family member professional fiduciaries, including conservators, guardians, trustees, and agents under Durable Power of Attorney.

Email: [fiduciary@dca.ca.gov](mailto:fiduciary@dca.ca.gov)

### **Grandparents as Parents**

**818-264-0880**

22048 Sherman Way, Suite 217  
Canoga Park, CA 91303

Provides psychological, emotional, and peer group support for grandparents and relative caregivers who are primary caregivers of their grandchildren, as well as grandparents who have difficulty getting access to their grandchildren. Weekly meetings at various locations.

Website: [www.grandparentsasparents.org](http://www.grandparentsasparents.org)

### **Health Services Advisory Group**

**800-841-1602**

3133 E. Camelback Rd., Suite 300  
Phoenix, AZ 85016

M-S, 8-4:30  
Su, 10:30-4:30

A non-profit organization funded by Medicare to oversee the health care that beneficiaries receive. Reviews hospital discharge notices, appeals from hospitals, skilled nursing facilities, home health, and comprehensive as well as quality of care complaints. Serves Medicare recipients residing in California and Florida.

Website: [www.hsag.com](http://www.hsag.com)

## **ADVOCACY**

### **Hearing Aid Dispensers Bureau**

**916-574-7990**

2005 Evergreen St., Suite 2100  
Sacramento, CA 95815

M-F, 8-5

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Helps seniors find a licensed dispenser and provide tips in purchasing hearing aids. Also see Disabilities category.

Website: [www.dca.ca.gov/hearingaid](http://www.dca.ca.gov/hearingaid)

### **Hearing Aid Help Line**

**800-5212-5247**

M-F, 8-5  
EST

Sponsored by the International Hearing Society, provides a consumer information kit with local referral to a hearing aid specialist.

Website: [www.insinfo.org](http://www.insinfo.org)

### **HICAP (Health Insurance Counseling)**

**800-824-0780**

Center for Health Care Rights  
520 Lafayette Park Pl., #214  
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1pm. Must call for appointment: 310-517-4666.

Also see Complaints, Health Services, Insurance and Legal categories.

Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

## **ADVOCACY**

### **KEEP-SAFE Coalition**

**310-701-8118**

4733 Torrance Blvd., #555  
Torrance, CA 90503

KEEP-SAFE stands for Keep Every Elder Protected-Stop Abuse and Financial Exploitation. They provide training and conduct free presentations to increase public awareness of crimes involving financial abuse of the elderly. Based in the South Bay, they combine community, financial institutions, law enforcement and social service agencies in combating financial elder abuse. Also see Education category.

Website: [www.KEEP-SAFE.org](http://www.KEEP-SAFE.org)

### **L.A. County Consumer Affairs**

**310-325-1035**

24340 S. Narbonne Ave.  
Lomita, CA 90717

T, Th, 8:30-12,  
1-4:30

Assists with consumer complaints and tenant-landlord problems, and has a small claims advisor program. Also provides assistance with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Main office for urgent issues: 800-593-8222. Also see Complaints and Legal categories.

Website: [dca.lacounty.gov](http://dca.lacounty.gov)

### **Little Tokyo Service Center**

**213-473-3035**

231 E. 3<sup>rd</sup> St., Suite G-106  
Los Angeles, CA 90013

M-F, 9-5

A non-profit social service and community development agency providing a variety of services including case management, counseling and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish. Also see Case Management category.

Website: [www.ltsc.org](http://www.ltsc.org)

## ADVOCACY

### **Long Term Care Ombudsman**

**562-925-2346**

**800-334-9473**

M-F, 8:30-5

Wise and Healthy Aging  
5220 Clark Ave., Ste. 415  
Lakewood, CA 90712

Long-term care ombudsman program designed to help protect and ensure the quality of care for seniors living in skilled nursing and residential care facilities. Provides education for residents and their families on rights in the facilities and helps resolve complaints and address issues. Also see categories Abuse, Complaints, and Hotline/Urgent.

Website: [www.la4seniors.com/ombudsman.htm](http://www.la4seniors.com/ombudsman.htm)

### **Los Angeles Caregiver Resource Center**

**800-540-4442**

**213-821-7777**

3715 McClintock Ave.  
Los Angeles, CA 90089

M-F, 8:30-5

Information and referral for caregivers of people with adult-onset brain impairment. Offers support groups, legal and financial consultation, educational workshops, and assistance with respite care. Also see Alzheimer's and Legal categories.

Website: [www.losangelescrc.org](http://www.losangelescrc.org)

### **Medicare Hotline**

**800-633-4227**

Website: [www.medicare.gov](http://www.medicare.gov)

### **Mobile Home Ombudsman**

**800-952-5275**

M-F, 9-11:30

1:30-4:00

Housing/Community Development  
P.O. Box 31  
Sacramento, CA 95812

Assistance and information regarding mobile home dealers, sales agents, warranties, residency laws, and mobile home parks.

Website: [www.hcd.ca.gov](http://www.hcd.ca.gov)



## **ADVOCACY**

### **National Alliance on Mental Illness (NAMI)**

**310-533-0705**

P.O. Box 5295  
Torrance, CA 90510

M-F, 8:30-5:30 ET

A grass roots, self-help support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details. Also see Disabilities category.

Website: [www.namisouthbay.com](http://www.namisouthbay.com)

### **National Association for Continence**

**800-252-3337**

P.O. Box 1019  
Charleston, SC 29402

M-F, 9-5 ET

Resource guide for sufferers of incontinence. Provides advocacy, support, public education and awareness about the causes, prevention, diagnosis, treatments, and management alternatives to incontinence. No eligibility requirements. Serves the entire U.S.

Website: [www.nafc.org](http://www.nafc.org)

### **National Council on Aging**

**202-479-1200**

1901 L Street, NW, 4<sup>th</sup> floor  
Washington, DC 20036

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce every day expenses. Strengthens and protects major public programs i.e. Medicare, Medicaid and Social Security. One of the on line tools called Benefits Checkup allows sorting through programs and determine eligibility based on income and location. See also Finances and Health Services categories.

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org) and [www.NCOA.org](http://www.NCOA.org)

## **ADVOCACY**

### **National Council on Alcoholism and Drug Dependence**

**310-328-1460**

1334 Post Ave.  
Torrance, CA 90501

M-F, 8:30-5:15

Non-profit agency offering services either free or on a sliding scale. Also see Abuse category.

Website: [www.ncaddsb.com](http://www.ncaddsb.com)

### **Rainbow Services**

**310-547-9343**

453 W. 7<sup>th</sup> St.  
San Pedro, CA 90733

24-hr. hotline

Battered adult services including legal referrals and advocacy, support groups, and emergency shelters. Bilingual (Spanish). For pickup at your location, call: 800-958-7825. Also see Advocacy and Hotline/Urgent categories.

Website: [www.rainbowservicesdv.org](http://www.rainbowservicesdv.org)

### **S.H.A.R.E. (Self Help and Recovery Exchange)**

**310-846-5270**

6666 Green Valley Circle.  
Culver City, CA 90230

Sun-Fri, 1-9:45  
Sat, 9-5:30

Clearinghouse with a database listing thousands of support groups and self-help meetings per week in L.A. County. To locate self-help groups call: 877-742-7349.

Website: [www.shareselfhelp.org](http://www.shareselfhelp.org)

### **South Bay Senior Services**

**310-325-2141**

15519 Crenshaw Blvd.  
Gardena, CA 90249

M-F, 8:30-5

Information and referrals for South Bay seniors. Provides assistance with health care, on-site case management, and Tele-care program for homebound seniors. Facilitates a Family Caregiver Support Program by providing guidance, education and resources to help persons cope with the challenges of caregiving. Also see Case Management and In Home Services categories.

Website: [www.bhs-inc.org](http://www.bhs-inc.org)

## **ADVOCACY**

### **State of California Senior Ombudsman Program**

**858-627-3901**

390 N. Sepulveda Blvd., Suite 2075  
El Segundo, CA 90245

M, T, Th, F, 8-5  
W, 9-5

The Senior Ombudsman Program, created by the Department of Motor Vehicles (DMV), represents the interests of public safety for all Californians with a special interest in addressing the concerns of senior drivers. The ombudsman can assist as a “go-between” to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with the dignity and respect they deserve. They are available to assist in individual cases, as well as participate in outreach seminars to promote driver safety in California with an emphasis on senior issues. The program is available to assist at the following locations: Sacramento/Northern California (916) 227-2970, San Francisco/Oakland (510) 563-8900, Orange/San Bernardino/San Diego (858) 627-3901.  
Website: [www.dmv.ca.gov](http://www.dmv.ca.gov)

### **Stillman Sawyer Family Services Center**

**310-835-1986**

820 Lomita Blvd.  
Harbor City, CA 90710

M-F, 9:30-12:30

Social service ministry that provides adult counseling and/or referrals for substance abuse, housing, emergency rental and utility assistance, medical, battered women and suicide prevention. Offers weekly and/or monthly donated food distribution. Also see Emergency Shelter/Food Programs. Also see Emergency Shelter/Food Programs category.  
Website: [www.tcspeak.com](http://www.tcspeak.com)

### **Victim-Witness Assistance Program**

**800-380-3811**

**310-222-3599**

825 Maple Ave., Rm. 190  
Torrance, CA 90503

M-F, 8:30-4:30

Victims who suffer physical and/or emotional injury or a survivor of a person who dies as a direct result of the crime are eligible for the program. Services include crisis intervention, counseling resource and referral, court escort/support services, emergency assistance financially and legal, assistance with filing a CA Victim Compensation Claim and victim's property return. Main focus is elder abuse. Also see Abuse category.  
Website: [www.da.lacounty.gov/vwap](http://www.da.lacounty.gov/vwap)

## **ADVOCACY**

### **VOR**

**877-399-4867**

836 S. Arlington Heights Rd., #351  
Elk Grove Village, Illinois 60007

M-F, 9-5

VOR's mission is to advocate for high quality care and human rights for people with intellectual and developmental disabilities. Programs include medical and legal advocacy. Also see Disabilities category.

Website: [www.vor.net](http://www.vor.net)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for the disabled. Sliding scale based on ability to pay. Also see Case Management, Disabilities, Employment, In Home Services and Social Security categories.

Website: [www.wcil.org](http://www.wcil.org)

# ALZHEIMER'S

## **Alternatives for Seniors**

**800-350-0770**

P.O. Box 833  
Southfield, MI 48037

Provides a senior housing and services resource publication. The directory includes continuing care, retirement communities, independent and assisted living, residential care, Alzheimer/dementia resources, nursing/rehabilitation centers and home care. See also Board and Care and Retirement categories.

Website: [www.alternativesforseniors.com](http://www.alternativesforseniors.com)

## **Alzheimer's Association**

**323-938-3379**

4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90010

M-F, 8:30-5

Help line (800-272-3900) staffed by volunteers to provide information and referrals to community caregivers, support groups, and home care assistance pertaining to Alzheimer's disease and related disorders. See also Identification and Health Organizations categories.

Website: [www.alzla.org/socal](http://www.alzla.org/socal)

## **Alzheimer's Association Care Consultation**

**323-938-3379**

4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90036

M-F, 8:30-5

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes home visits and assessments, consultation, care planning, information and referrals. See also Case Management Category.

Website: [www.alz.org/socal](http://www.alz.org/socal)

# ALZHEIMER'S

## **Alzheimer's Association 24/7 Helpline**

**800-272-3900**

24/7

The Helpline provides expert advice, care consultation and information, and referrals at the local and national levels, regarding Alzheimer's disease and related dementias.

Trained professional customer staff and masters degree social workers are available at all times. Also see Hotline/Urgent category.

Website: [www.alz.org](http://www.alz.org)

## **Alzheimer's Disease Education and Referral Center (ADEAR)**

**800-438-4380**

P.O. Box 8250

M-F, 8:30-5

Silver Springs, MD 20907

Provides current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging. Referrals to local supportive services and centers that specialize in research and diagnosis.

Website: [www.nia.nih.gov](http://www.nia.nih.gov)

## **Alzheimer's Disease Research Center, USC**

**323-442-7600**

1520 San Pablo St., HCT 3000.

M-F, 8-5

Los Angeles, CA 90033

Screening required. Must be 75 years or older. Stroke victims not accepted. Need healthy older volunteers with or without memory loss. Person is given an assessment, diagnosis and opportunity to participate in clinical studies of experimental medications.

For enrollment only, call: 213-740-7777.

Website: [www.usc.edu/memory](http://www.usc.edu/memory)

## **Alzheimer's Store**

**800-752-3238**

425 Tribble Gap Rd., Suite 209

M-F, 8:30-5

Cumming, GA 30041

Provides unique products and information for those caring for patients with Alzheimer's disease. Sells products addressing falls, incontinence, caregiving, forgetfulness, memory stimulation, wandering and early, middle and later stages of Alzheimer's. Provides training for health care professionals and caregivers.

Website: [www.alzstore.com](http://www.alzstore.com)

# ALZHEIMER'S

## **Anderson Park Senior Center**

**310-318-0650**

Adaptive Mobility  
Anderson Park  
3007 Vail Ave.  
Redondo Beach, CA 90278

Activities to stimulate motor skills as well as stroke client support groups. Call for further information. Also see Education and Senior Centers category.  
Website: [www.redondo.org](http://www.redondo.org)

## **Bellagio Manor**

**562-432-7468**

1046 E. Fourth St.  
Long Beach, CA 90802

M-F, 8-5

A State licensed assisted living facility serving the physical, social, emotional and spiritual needs of seniors. A secured facility with 40 beds for Alzheimer's/dementia individuals as well as respite care for families. Provides 3 meals a day, health and wellness programs, full time activity directory, chapel with non-denominational services, and an internet/computer room. Also see Retirement category.  
Website: [www.bellagiomanorassistedliving.com](http://www.bellagiomanorassistedliving.com)

## **Belmont Village**

**310-377-9977**

5701 Crestridge Rd.  
Rancho Palos Verdes, CA 90275

24 hrs.

An upscale assisted living community for adults 60 years and older, providing personal care, medication management through a licensed nurse, fitness and social activities, water aerobics in the Spring and Summer, transportation to and from doctors' appointments, Circle of Friends Memory Enrichment Program, physical therapy, private residences, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice, and 24 hr. licensed nurses around the clock. Also see Retirement category.  
Website: [www.belmontvillage.com](http://www.belmontvillage.com)

## ALZHEIMER'S

### **Brittany House**

**562-421-4717**

5401 E. Centralia St.  
Long Beach, CA 90808

M-F, 8-7  
Sat, Sun, 9-6

Residential Alzheimer's care for seniors who are between independent living and intensive home settings. Offers short-term or respite stays for family caregivers. Fees charged. For-profit agency.

Website: [www.activecareliving.com](http://www.activecareliving.com)

### **California Registry**

**800-777-7575**

17853 Santiago Blvd., Suite 107  
Villa Park, CA 92861

M-F, 8-5

Provides information on short and long-term housing, Alzheimer's, assisted living, board and care, skilled nursing, and retirement. Free public service. Also see Board and Care, Retirement and Skilled Nursing categories.

Website: [www.calregistry.com](http://www.calregistry.com)

### **C&C Carson Adult Day Health Care Center**

**310-354-0031**

451 E. Carson Plaza Dr., #105  
Carson, CA 90746

M-F, 8-5

Socialization program for the frail, elderly and adults with physical and/or mental impairments. On staff is a social worker, occupational and physical therapist. Provided are support groups, meals and/or snacks, and transportation. Private pay, private insurance and Medi-Cal accepted. Also see Day Care category.

Email: [ccadhc@yahoo.com](mailto:ccadhc@yahoo.com)

### **Carson Adult Day Health Care Center**

**310-522-3860**

23517 S. Main St., Suite 110  
Carson, CA 90745

M-F, 8-4

Adult program providing health care, therapeutic and social services to frail, elderly and functionally impaired adults and those with Alzheimer's disease. Also see Day Care category.

Website: [www.carsonadhc.com](http://www.carsonadhc.com)



# ALZHEIMER'S

## **Carson Retirement Center**

**310-830-4010**

345 E. Carson St.  
Carson, CA 90745

Provides 3 meals/day. Respite care available. Arbor Hall is a secured facility for individuals with Alzheimer's and dementia.

Website: [www.retirementhomes.com](http://www.retirementhomes.com)

## **Clearview Alzheimer's Care Facilities**

**310-538-2323**

15823 S. Western Ave.  
Gardena, CA 90246

M-F, 8-4:30

Secured facility with 172 beds for ambulatory individuals with Alzheimer's/dementia. Medi-Cal accepted.

Website: [www.clearviewalzheimerscarefacilities.com](http://www.clearviewalzheimerscarefacilities.com)

## **Concepts for Living**

**310-998-7314**

**800-414-4242**

M-F, 8:30-5:30

Provides information and referrals for seniors and families on retirement, independent and assisted living communities, Alzheimer's/dementia facilities, and board and care homes.

Works closely with seniors and their families in assessing needs. Geographic areas served: Los Angeles, Ventura, and Orange Counties, as well as San Gabriel Valley. Free to seniors and their families. Also see Board and Care and Retirement categories.

Website: [www.conceptsforliving.com](http://www.conceptsforliving.com)

## **Connections Referral Service**

**800-330-5993**

2658 Griffith Park Blvd., Suite 224  
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals on board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Board and Care, Retirement and Skilled Nursing categories.

Website: [www.carehomefinders.com](http://www.carehomefinders.com)

## **ALZHEIMER'S**

### **El Camino Adult Day Health Care Center**

**310-679-7624**

15429 Crenshaw Blvd., Suite D  
Gardena, CA 90249

M-F, 8-2

Provides an array of therapeutic and social services designed to maximize the independence of those who are experiencing significant problems with their health and independence. The center is staffed with a health manager, public health specialist, social worker, psychiatrist/psychologist, occupational, speech and physical therapists, pharmacist, registered nurse, and recreational therapist. Breakfast, lunch, snacks and transportation provided. The program is fully reimbursable through the Medi-Cal program. Private pay accepted. Also see Day Care category.  
Website: [www.livingsenior.com](http://www.livingsenior.com)

### **Elderlink**

**800-613-5772**

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Board and Care, Hospice, Retirement and Skilled Nursing categories.  
Website: [www.elderlink.org](http://www.elderlink.org)

### **Family Adult Day Health Care Center**

**310-602-0123**

2280 Lomita Blvd.  
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Tagalog, Chinese and Spanish spoken. Also see Day Care category.  
Website: [www.caring.com](http://www.caring.com)

## ALZHEIMER'S

### **Family Caregiver Alliance**

**800-445-8106**

785 Market St., Suite 750  
San Francisco, CA 94103

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshop, and personal stories. Also see Advocacy category.

Website: [www.caregiver.org](http://www.caregiver.org)

### **Gardena Senior Citizens Day Care Center**

**310-217-9550**

14517 S. Crenshaw Blvd.  
Gardena, CA 90249

M-F, 9-3

Socialization program for older adults, ages 55+ who are frail with memory loss/dementia. Designed to meet individual participants' physical and mental health needs. Provides family support services, field trips, adult education classes, hot lunches and snacks. Registration required; sliding scale based on ability to pay. Also see Day Care category.

Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

### **Lomita Adult Day Health Care Center**

**310-539-4800**

1234 Lomita Blvd., Suite E  
Harbor City, CA 90710

M-F, 10-2

Day care for adults especially seniors who are at risk of being placed in a nursing home. Provides social and recreational activities, meals/snacks and a wide variety of health therapeutics and social services. Accepts private pay and Medi-Cal. Also see Day Care category.

Website: [www.caring.com](http://www.caring.com) (day care, Harbor City)

# ALZHEIMER'S

## **Los Angeles Caregiver Resource Center**

3715 McClintock Ave.  
Los Angeles, CA 90089

**800-540-4442**  
**213-821-7777**  
M-F, 8:30-5

Information and referral for caregivers or families of people with adult-onset brain impairment. Offers support groups, educational workshops, and assistance with respite care. Financial and legal consultations to caregivers provided. Also see Advocacy and Legal categories.

Website: [www.losangelescrc.org](http://www.losangelescrc.org)

## **MedicAlert+Safe Return (Alzheimer's Association)**

**888-572-8566**

24 hrs.

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Provides I.D. bracelets. Caregivers register dementia patients in the data bank.

Also see Hotline/Urgent and Non-urgent categories.

Website: [www.medicalert.org](http://www.medicalert.org).

## **New Lifestyles**

**800-869-9549**

4144 N. Central  
Expressway #1000  
Dallas, TX 75204

M-F, 8:30-5

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. Also see Board and Care, Hospice and Retirement categories.

Website: [www.NewLifeStyles.com](http://www.NewLifeStyles.com)

# ALZHEIMER'S

## **Return Home Registry (Torrance)**

**310-618-6391**

Torrance Police Department  
3300 Civic Center Dr.  
Torrance, CA 90503

24/7

The Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregiver. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down's Syndrome or other debilitating illnesses, as well as children with special needs. This program is not for persons who voluntarily run away from home for other reasons and/or have behavioral issues not related to a special need. Also see categories Disabilities and Hotline/Urgent categories.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to city departments, police, community affairs)

## **Sage House (Salvation Army)**

**310-832-6031**

138 S. Bandini St.  
San Pedro, CA 90731

M-F, 8-5

Day care for Alzheimer's, dementia, and post-stroke individuals. Hot lunches and a variety of activities provided, and outside groups entertain periodically. Offers a caregiver's support group. Also see Alzheimer's category.

Website: [www.salvationarmy.org](http://www.salvationarmy.org)

## **Silverado Senior Living**

**310-896-3100**

514 N. Prospect Ave.  
Redondo Beach, CA 90277

M-F, 8 am-9 pm

Quality care for people suffering from memory disorders, Alzheimer's disease, dementia, and Parkinson's. Comprehensive 24-hr. licensed nursing services and day care, as well as physical, occupational, and speech therapies.

Website: [www.silveradosenior.com](http://www.silveradosenior.com)

## **ALZHEIMER'S**

### **South Bay Adult Care Center**

**310-214-6963**

Anderson Park Senior Center  
3007 Vail Ave.  
Redondo Beach, CA 90278

T-F, 7:30-5:30  
Sat, 10:30-5:30

Day care for people with Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization. See also Day Care category.

Website: [www.southbayadultcarecenter.org](http://www.southbayadultcarecenter.org)

### **Sunrise Assisted Living of Hermosa Beach**

**310-937-0959**

1837 Pacific Coast Highway  
Hermosa Beach, CA 90254

80 rooms. Accepts persons 60 years and older with memory impairments and Alzheimer's disease and provides 3 meals/day and life skills activities. Care is given in a secure area especially designed to meet residents' special needs. Also see Retirement category.

Website: [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)

### **Vermont Care Center**

**310-328-0812**

22035 S. Vermont Ave.  
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services. Has a secured Alzheimer's unit. Medicare, Medi-Cal, private pay, and some HMO's are accepted. Also see Skilled Nursing category.

Website: [www.vermontcarecenter.com](http://www.vermontcarecenter.com)

### **Windsor Gardens of Hawthorne**

**310-675-3304**

13922 Cerise Ave.  
Hawthorne, CA 90250

99-bed facility for Alzheimer's individuals who are ambulatory, wheelchair-bound, or bedridden. Rehabilitation therapy on site. Accepts Medicare, Medi-Cal, HMO, VA or private pay.

Website: [www.windsorcares.com](http://www.windsorcares.com)

# ANIMALS

## **Animal Care and Control**

**310-523-9566**

216 W. Victoria St.  
Gardena, CA 90248

M-Th, 12-7  
F-Sun, 10-5

L.A. County shelter providing pet licensing and low-cost vaccinations for the unincorporated city of Torrance. Also investigates nuisance and cruelty complaints. Operates an Adopt-a-Pet program.  
Website: [www.animalcare.lacounty.gov](http://www.animalcare.lacounty.gov)

## **Animal Cruelty Tip Line**

**800-540-7722**

Website: [www.spcala.com](http://www.spcala.com)

## **Animal Licenses**

See Torrance Animal Control

## **Animal Safety Net Information and Hot line**

**323-733-0219**

M-F, 8-5

Shelter for animals owned by abused persons. Outside of Los Angeles area, call: 800-799-7233

## **Clinico Care Center**

**310-241-0768**

**888-937-7295**

957 N. Gaffey St.  
San Pedro, CA 90731

Sat-Wed, 10-4  
Closed Th and Fri

Low-cost spay and neuter clinic for cats and dogs. Pet owners with income below \$40,000/yr. qualify for program. Social Security also qualifies for low-income price.  
Website: [www.snpla.org](http://www.snpla.org)

# **ANIMALS**

## **International Bird Rescue**

**310-514-2573**

3601 S. Gaffey St., Box 3  
San Pedro, CA 90731

7 days, 8-4

Leading authority in bird care and oil spill response. Dedicated to saving oiled, injured and sick birds. Develops new and better treatments and protocols for aquatic birds. No after-hours drop off. To report oil spills call: 800-oils911. For emergencies call 888-447-1743.

Website: [www.bird-rescue.org](http://www.bird-rescue.org)

## **South Bay SPCA - L.A. Pet Adoption Center**

**310-676-1149**

12910 Yukon Ave.  
Hawthorne, CA 90250

Wed-Sun, 10-5

Intake of animals from the following cities ONLY: Lawndale, El Segundo, West Hollywood, Culver City and Manhattan Beach. Adopters can be from anywhere.

Website: [www.spcala.com](http://www.spcala.com)

## **Torrance Animal Control**

**310-618-3850**

2200 Jefferson St.  
Torrance, CA 90501

M-Th, 7:30-5

Fri, 7:30-4

Field service Sat, 7:30-5

Picks up injured, stray and deceased animals. Answers complaints and investigates violations. Services provided within the city of Torrance ONLY -- refer to Animal Care and Control for other areas. Provides animal licensing for the city of Torrance. For individuals qualifying for City Utility User's Tax Exemption, the total income may not exceed \$27,225/year. Persons must be 62 years and older or disabled; the dog must be spayed or neutered. If these qualifications are met, one free dog license is issued. For further questions on the City's Utility User's Tax Exemption program, please call 310-618-5830.

Website: [www.torranceCa.gov](http://www.torranceCa.gov)



## **ANIMALS**

### **Western Veterinarian Group**

**310-539-3112**

Crenshaw Animal Hospital  
1950 Pacific Coast Highway  
Lomita, CA 90717

M-F, 7-7  
Sat and Sun, 8-4

Full-service vet offering orthopedic surgeries, dental services and low cost spay and neuter and vaccinations. Also see Discounts category.

Website: [www.westernvetgroup.com](http://www.westernvetgroup.com)

## **BOARD AND CARE**

### **Alternatives for Seniors**

**800-350-0770**

P.O. Box 833  
Southfield, MI 48037

Provides a senior housing and services resource publication. The directory includes continuing care, retirement communities, independent and assisted living, residential care, Alzheimer/dementia resources, nursing/rehabilitation centers and home care. See also Alzheimer's and Retirement categories. Also see Alzheimer's and Retirement categories.

Website: [www.alternativesforseniors.com](http://www.alternativesforseniors.com)

### **California Registry**

**800-777-7575**

17853 Santiago Blvd., Suite 107  
Villa Park, CA 92861

M-F, 8-5

Provides information on short and long-term housing, Alzheimer's, assisted living, board and care, skilled nursing, and retirement. Free public service. Also see Alzheimer's, Retirement and Skilled Nursing categories.

Website: [www.calregistry.com](http://www.calregistry.com)

### **Concepts for Living**

**310-998-7314**

**800-414-4242**

M-F, 8:30-5:30

Provides information and referrals for seniors and families on retirement, independent and assisted living communities, Alzheimer's/dementia facilities, and board and care homes. Works closely with seniors and their families in assessing needs. Geographic areas served: Los Angeles, Ventura, and Orange Counties, as well as San Gabriel Valley. Free to seniors and their families. Also see Alzheimer's and Retirement categories.

Website: [www.conceptsforliving.com](http://www.conceptsforliving.com)

## **BOARD AND CARE**

### **Connections Referral Service**

**800-330-5993**

2658 Griffith Park Blvd., Suite 224  
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals on board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Alzheimer's, Retirement and Skilled Nursing categories.

Website: [www.carehomefinders.com](http://www.carehomefinders.com)

### **Elderlink**

**800-613-5772**

P.O. Box 5202  
Santa Monica, CA 90409

M-F, 8-5

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Alzheimer's, Hospice, Retirement and Skilled Nursing categories.

Website: [www.elderlink.org](http://www.elderlink.org)

### **New Lifestyles**

**800-869-9549**

4144 N. Central  
Expressway #1000  
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Retirement and Hospice categories.

Website: [www.NewLifeStyles.com](http://www.NewLifeStyles.com)

## **CASE MANAGEMENT**

### **Accessible Health Care of the L.A. Coast**

**310-543-3211**

21707 Hawthorne Blvd., Suite 106  
Torrance, CA 90503

24 hrs.

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminder and, above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets. Works with veteran's organizations to obtain additional benefits to which one may be entitled. Spanish spoken. Geographic area served: El Segundo to Long Beach. Also see In Home Services category.  
Website: [www.accessiblelacoast.com](http://www.accessiblelacoast.com)

### **Alzheimer's Association Care Consultation**

**323-938-3379**

4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90036

M-F, 8:30-5

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes home visits and assessments, consultation, care planning, information and referrals. See also Case Management Category.  
Website: [www.alz.org/socal](http://www.alz.org/socal)

### **Attentive Home Care**

**323-260-7721**

**800-731-0071**

21250 Hawthorne Blvd., Suite 500  
Torrance, CA 90503

24/7

Staff of companions, CNA's, certified home health aides providing assistance with daily activities, exercise, mobility, errands, transportation, bathing, dressing, meal preparation, incontinence care and light housekeeping. Experienced with post-op recuperation, respite, hospice care, dementia, stroke and ALS. Geriatric case manager providing initial care consultation, care planning, senior advocacy and crisis management at no extra cost. Bonded, insured and member of the American Board of Home Care. Serving the South Bay, Orange, Los Angeles and San Diego. Also see In Home Services category.  
Website: [www.attentivehomecare.com](http://www.attentivehomecare.com)

## **CASE MANAGEMENT**

### **Beach Cities Health District**

**310-374-3426**

**Ext. 502**

**(Ask for Officer of the Day)**

**M-F, 8:30-5**

514 N. Prospect Ave., 3<sup>rd</sup> Floor  
Redondo Beach, CA 90277

Care management for older adults and disabled adults living in Hermosa, Manhattan and Redondo Beach. Programs include: peer counseling, volunteer visits, fitness, wellness classes, and support groups. Also see Education, Health Services and Volunteering categories.

Website: [www.bchd.org](http://www.bchd.org).

### **Carson Senior Social Services**

**310-952-1775**

**(Ask for Social Services office)**

801 E. Carson St.  
Carson, CA 90745

**M-F, 8-6**

Case management, information and referral on a variety of services, including: taxes, Medicare advocacy, home assistance, legal referral and advocacy, Medi-Cal application assistance, food stamps, friendly visitor service, transportation, and recreation. Also has a representative from the Housing Rights Authority. Serves Carson and surrounding areas. Stroke Center open to residents and non-residents. Also see Senior Center category.

Website: [www.ci.carson.ca.us](http://www.ci.carson.ca.us)

### **Gardena Senior Citizens Bureau**

**310-217-9552**

1670 W. 162nd St.  
Gardena, CA 90247

**M-F, 8-5**

Case management, in-home supportive help for low-income seniors, home delivered meals and transportation in Gardena. Lunch program M-F, 12:30-1 p.m. Bilingual (Spanish).

Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

## CASE MANAGEMENT

### **Gentle Transitions**

**310-937-1023**

**800-619-3049**

M-F, 9-6

1726 Manhattan Beach Blvd., Suite G  
Manhattan Beach, CA 90266

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded and insured; references provided. Also see Hotline/Non-Urgent category.

Website: [www.gentletransitions.com](http://www.gentletransitions.com)

### **Greater South Bay Home Health, Inc.**

**310-329-4835**

680 Knox St., Suite 125  
Torrance, CA 90502

M-F, 9-5:30

Case management providing skilled nursing, home health aides, companion services, physical, occupational, speech therapies, and medical social worker. Medicare, Medi-Cal certified, and accepts Worker's compensation, private insurance/HMO, veteran's benefits and self-pay. Spanish and Tagalog also spoken. Also see In Home Services category.

Website: [www.gsbhh.com](http://www.gsbhh.com)

### **Inglewood Senior Center**

**310-412-5338**

330 Centinela Ave.  
Inglewood, CA 90302

M-F, 8-5

Care and case management, information and assistance, group and home delivered meals, transportation, caregiver support services, diabetic support group, senior Tai-Chi off site, lunch 12-12:30, trips and excursions. Also see Senior Centers category.

Website: [www.cityofinglewood.org](http://www.cityofinglewood.org)

### **Lawndale Senior Center**

**310-973-3270**

14700 Burin Ave.  
Lawndale, CA 90260

M-Th, 7-8

Fri, 7-4

Sat, 10-2

Provides case management and offers information and referrals, transportation, Meals on Wheels, legal services, on-site lunch program, fitness, social and recreational activities. Also see Senior Centers category.

Website: [www.lawndalecity.org](http://www.lawndalecity.org)

## **CASE MANAGEMENT**

### **Little Tokyo Service Center**

**213-473-3035**

231 E. 3<sup>rd</sup> St., Suite G-106  
Los Angeles, CA 90013

M-F, 9-5

A non-profit social service and community development agency providing a variety of services including case management, counseling and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish. Also see Advocacy category.  
Website: [www.ltsc.org](http://www.ltsc.org)

### **Oxford Health Care**

**310-538-5400**

280 Atlantic Ave.  
Long Beach, CA 90802

M-F, 8-6

Case management providing skilled nursing, respite care, RN's, LVN's, companion care and homemaker services in the South Bay. Spanish and Tagalog also spoken. Also see In Home Services category.  
Website: [www.oxfordhealthcare.net](http://www.oxfordhealthcare.net)

### **Physicians Choice**

**310-793-1616**

3220 Sepulveda Blvd., Suite 100  
Torrance, CA 90505

M-F, 9-5

Case management, home health services providing companion care, skilled nursing, private duty, medical social services, home-based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal through hospital only, insurance and private pay patients. Spanish, Japanese, Korean, Chinese also spoken. Also see In Home Services category.  
Website: [www.pchomehealth.com](http://www.pchomehealth.com)

## **CASE MANAGEMENT**

### **Providence Little Company of Mary Home Health**

**310-370-5895**

5315 Torrance Blvd.  
Torrance, CA 90503

Daily, 8-5

Case management provided. Doctor referral only for intermittent care by RN and LVN nurses. Provides physical, occupational, speech therapies, medical social workers, home health aides, and RN's specializing in psychiatry. Accepts Medicare, Medi-Cal and private insurance. Bilingual. Also see In Home Services category.

Website: [california.providence.org/torrance/pages/homesvcs.aspx](http://california.providence.org/torrance/pages/homesvcs.aspx)

### **San Pedro Service Center**

**310-519-6091**

769 W. Third St.  
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities, and programs for seniors 60 yr. and older. Services offered are case management, assistance with Medicare/Medi-Cal forms (call for times), emergency food distribution, as well as bread, fruit and vegetables distribution programs; arts and crafts, sewing, dance classes, English as a second language course, beginners computer training, senior nutrition site with hot lunch meal for \$2. Also on site are persons offering assistance with Veterans benefits and mediation issues. Also see Employment, Meals and Nutrition, Senior Centers and Veterans categories.

Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

### **South Bay Senior Services**

**310-325-2141**

15519 Crenshaw Blvd.  
Gardena, CA 90249

M-F, 8:30-5

Case management and in-home service registry. Links frail seniors to services to help them remain in their home. Tele-care program for home bound seniors. General information and referral. Facilitates a Family Caregiver Support Program by providing guidance, education and resources to help persons coping with the challenges of caregiving. Non-profit. See also Advocacy and In Home Services category.

Website: [www.bhs-inc.org](http://www.bhs-inc.org)



## **CASE MANAGEMENT**

### **Torrance Memorial Home Health**

**310-784-3739**

3330 Lomita Blvd., Bldg. #1 South  
Torrance, CA 90505

M-F, 8-5

Case management, coordinating services of RN's, therapists, home health aides, and care with hospital discharge planners. Special programs include Cardiac Care, Oncology, Wound and Burn Care, and Intravenous Program. Medicare accepted. By referral only. Website: [www.ourparents.com/torrancememorialhomehealth](http://www.ourparents.com/torrancememorialhomehealth)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Sliding scale based on ability to pay. Also see Advocacy, Disabilities, Employment, In Home Services and Social Security categories. Website: [www.wcil.org](http://www.wcil.org)

### **Wilmington Multipurpose Senior Center**

**310-518-4533**

1371 N. Eubank Ave.  
Wilmington, CA 90744

M-F, 8-4:30

Case management, transportation available for Wilmington, Harbor City, L.A. Strip and San Pedro. Recreation, health screening, information and referral, social services, legal aid, meals at center or home-delivered. Registry for in-home services. Also see Legal, Meal and Nutrition, Senior Centers and Transportation categories. Website: [www.laparks.org/dos/senior/facility/wilmingtonscc.htm](http://www.laparks.org/dos/senior/facility/wilmingtonscc.htm)

## COMPLAINTS

### **Better Business Bureau**

**909-825-0490**

315 N. La Cadena Dr.  
Colton, CA 92324

M-F, 8-5

Complaints and inquiries from consumers. Covers businesses in L.A., Orange, Riverside, and San Bernardino Counties.

Website: [www.losangeles.bbb.org](http://www.losangeles.bbb.org)

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### **California Board of Dental Examiners**

**877-729-7789**

2005 Evergreen St., Suite 550  
Sacramento, CA 95815

M-F, 8-5

Complaints about dentists and registered dental assistants.

Website: [www.dbc.ca.gov](http://www.dbc.ca.gov)

### **California Bureau of Automotive Repair**

**310-410-0024**

6001 Bristol Parkway, Suite 100  
Culver City, CA 90230

M-F, 8-5

Consumer assistance and vehicle retirement program to assist consumers with vehicles that fail smog checks. For complaints on all automotive repairs, smog, and licensing, call: 800-952-5210. For consumer assistance program call 866-272-9642.

Website: [www.smogcheck.ca.gov](http://www.smogcheck.ca.gov)

### **California Department of Health Services**

**800-228-1019**

M-F, 8-5

Nursing home certification and licensing. Complaints against skilled nursing homes, hospitals, home health agencies, and medical clinics.

Website: [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

## COMPLAINTS

### **California Department of Insurance**

**800-927-4357**

300 S. Spring St., South Tower  
Los Angeles, CA 90013

M-F, 8-5

Consumer hotline for reporting fraud and injustice involving insurance companies, claims, and agents in California. See also Insurance category.

Website: [www.insurance.ca.gov](http://www.insurance.ca.gov)

### **California Fair Employment and Housing Department**

**800-884-1684**

M-F, 8-4

Handles unlawful discrimination in housing, employment, public accommodations, and from the perpetration of acts of hate and violence.

Website: [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

### **California State Consumer Affairs**

**800-952-5210**

M-F, 8-5

Ombudsman for consumer complaints on most consumer issues including auto, home furnishings, appliances, funerals, acupuncture, and smog checks.

Website: [www.dca.ca.gov](http://www.dca.ca.gov)

### **Cemetery and Funeral Bureau**

**916-574-7870**

1625 N. Market Blvd., Suite S-208  
Sacramento, CA 95834

M-F, 8-5

The California Department of Consumer Affairs' Cemetery and Funeral Bureau licenses, regulates, and investigates complaints against California funeral establishments, funeral directors, embalmers, apprentice embalmers, cemetery brokers, cemetery salespersons, cremated remains disposers, crematories, and the nearly 200 licensed cemeteries in the state.

Website: [www.cfb.ca.gov](http://www.cfb.ca.gov)

# COMPLAINTS

## **Consumer Affairs - L.A. County**

**310-325-1035**

24340 S. Narbonne Ave.  
Lomita, CA 90717

T, Th, 8:30-12,  
1-4:30

Assists with consumer complaints and tenant-landlord problems. Main office for urgent issues, call: 800-593-8222. Also provides assistance with small claims applications at the South Bay County Court House, Torrance, 825 Maple on Thursday, 8:30-4. Also see Advocacy and Legal categories.

Website: [www.dca.lacounty.gov](http://www.dca.lacounty.gov)

## **Contractors State License Board**

**800-321-2752**

**916-255-3900**

9821 Business Park Dr.  
Sacramento, CA 95827

M-F, 8-5

Licenses and regulates contractors in 43 license classifications and investigates complaints against contractors. It provides free publications about hiring contractors and the construction process, and maintains an informational website and toll-free automated telephone response system that provide the public with contractor licensing information.

Website: [www.cslb.ca.gov](http://www.cslb.ca.gov)

## **Department of Managed Health Care**

**888-466-2219**

M-F, 7-7

Assists consumers who have been unsuccessful in appeals to their health plan. This department can help resolve problems with HMO's including issues about medical and dental care, prescriptions, preventive testing, and mental health services. No jurisdiction over Medicare issues. See also Hotline/Non-urgent category.

Website: [www.dmhc.ca.gov](http://www.dmhc.ca.gov)

## **Federal Trade Commission**

**877-382-4357**

Consumer Response Center 240  
Washington, DC 20580

M-F, 9-8 pm

Works for the consumer to prevent fraudulent, deceptive, and unfair business practices, and provides information to help consumers spot, stop, and avoid them. Free information on 400 consumer topics.

Website: [www.ftc.gov](http://www.ftc.gov)

## COMPLAINTS

### **HICAP (Health Insurance Counseling)**

**800-824-0780**

Center for Health Care Rights  
520 Lafayette Park Pl., #214  
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1pm. Must call for appointment: 310-517-4666. Also see Advocacy, Health Services, Insurance and Legal categories. Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

### **L.A. County Consumer Affairs**

**310-325-1035**

24340 S. Narbonne Ave.  
Lomita, CA 90717

T, Th, 8:30-12,  
1-4:30

Assists with consumer complaints and tenant-landlord problems. Main office for urgent issues, call: 800-593-8222. Also provides assistance with small claims applications at the South Bay County Court House, Torrance, 825 Maple on Thursday, 8:30-4. Also see Advocacy and Legal categories. Website: [www.dca.lacounty.gov](http://www.dca.lacounty.gov)

### **Long Term Care Ombudsman**

**562-925-2346**

**800-334-9473**

Wise and Healthy Aging  
5220 Clark Ave., Ste. 415  
Lakewood, CA 90712

M-F, 8:30-5

Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County. Provides education for residents and their families about rights in these facilities, and helps address issues and resolve complaints. Also see categories Abuse, Advocacy and Hotline/Urgent.

Website: [www.la3seniors.com/ombudsman.htm](http://www.la3seniors.com/ombudsman.htm)

## COMPLAINTS

### **Medical Board of California**

**800-633-2322**

**916-263-2424**

M-F, 8-5

2005 Evergreen St., Suite 1200  
Sacramento, CA 95815

For complaints about physicians, surgeons, dispensing opticians, physician's assistants, midwives, psychologists, podiatrists, and licensed midwives.

Website: [www.mbc.ca.gov](http://www.mbc.ca.gov)

### **Medi-Cal Fraud Hotline**

**800-822-6222**

Dept. of Health and Human Services

M-F, 8-5:30

Languages spoken: Spanish, Vietnamese, Cambodian and Russian.

Website: [www.dhcs.ca.gov](http://www.dhcs.ca.gov)

### **Medicare Fraud Hotline**

**800-447-8477**

U.S. Department of Health and Human Services  
Inspector General's Office

M-F, 8-5:30

Languages spoken: English and Spanish.

Website: [www.hhs.gov](http://www.hhs.gov)

### **Mobile Home Ombudsman**

**800-952-5275**

Housing/Community Development  
P. O. Box 31  
Sacramento, CA 95812

For complaints about dealers, sales agents, warranties, and residency laws. Investigates mobile home park problems, including electrical, roads, structures, and water.

Website: [www.hcd.ca.gov](http://www.hcd.ca.gov)

## COMPLAINTS

### **Public Utilities Commission (Calif.)**

**800-365-0550**  
**213-576-7000**  
M-F, 8:30-4:30

Regulates privately owned electric, natural gas, telecommunications, water, railroad, rail transit, and passenger transportation companies. They cannot help resolve issues with publicly owned or municipal utilities.

Website: [www.cpuc.ca.gov](http://www.cpuc.ca.gov)

### **Social Security Fraud Hotline**

**800-269-0271**

P.O. Box 17785  
Baltimore, Maryland 21235

M-F, 10-4

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Hotline, Urgent and Social Security categories.

Website: [www.socialsecurity.gov/org](http://www.socialsecurity.gov/org)

### **State Bar of California**

**800-843-9053**

1149 S. Hill St.  
Los Angeles, CA 90015

Takes complaints only. Also see Legal category.

Website: [www.calbar.ca.gov](http://www.calbar.ca.gov)

### **Torrance Fire Dept.**

**3120-618-2973**

Partnering with other city departments and agencies, provides assistance with individuals and their families to effectively deal with issues and problems related to hoarding.

Website: [www.torranceca.gov/108.htm](http://www.torranceca.gov/108.htm)

## COMPLAINTS

### **Utility Reform Network (TURN)**

**800-355-8876**

268 Bush St., #3933  
San Francisco, CA 94104

M-F, 9-5

Gives information on your rights as California residential energy and natural gas customers, and provides explanations of electricity deregulation and telecommunications information. Accepts complaints about unreasonable utility charges.

Website: [www.turn.org](http://www.turn.org)



## **DAY CARE**

### **Carson Adult Day Health Care Center**

**310-522-3860**

23517 S. Main St., Suite 110  
Carson, CA 90745

M-F, 8-4

Adult program providing health care, therapeutic and social services to frail, elderly, and functionally impaired adults, and those with Alzheimer's disease. Also see Alzheimer's category.

Website: [www.carsonadhc.com](http://www.carsonadhc.com)

### **C&C Carson Adult Day Health Care Center**

**310-354-0031**

451 E. Carson Plaza Dr., #105  
Carson, CA 90746

M-F, 8-5

Socialization program for the frail, elderly and adults with physical and/or mental impairments. On staff is a social worker, occupational and physical therapist. Provided are support groups, meals and/or snacks, and transportation. Private pay, private insurance and Medi-Cal accepted. Also see Alzheimer's category.

Email: [ccadhc@yahoo.com](mailto:ccadhc@yahoo.com)

### **El Camino Adult Day Health Care Center**

**310-679-7624**

15429 Crenshaw Blvd., Suite D  
Gardena, CA 90249

M-F, 8-2

Provides an array of therapeutic and social services designed to maximize the independence of those who are experiencing significant problems with their health and independence. The center is staffed with a health manager, public health specialist, licensed clinical social worker, occupational, speech and physical therapists, pharmacist, registered nurse, and recreational therapist. Breakfast, lunch, snacks and transportation provided. The program is fully reimbursable through the Medi-Cal program. Private pay accepted. Also see Alzheimer's category.

Website: [www.livingsenior.com](http://www.livingsenior.com)

## **DAY CARE**

### **Family Adult Day Health Care Center**

**310-602-0123**

2280 Lomita Blvd.  
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Tagalog, Chinese and Spanish spoken.

Also see Alzheimer's category.

Website: [www.caring.com](http://www.caring.com)

### **Gardena Senior Citizens Day Care Center**

**310-217-9550**

14517 S. Crenshaw Blvd.  
Gardena, CA 90249

M-F, 9-3

Socialization program for older adults, ages 55+ who are frail with memory loss/dementia. Designed to meet individual participants' physical and mental health needs. Provides family support services, field trips, adult education classes, hot lunches and snacks. Registration required; sliding scale based on ability to pay. Also see Alzheimer's category.

Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

### **Get Together Adult Day Health Care**

**310-965-0110**

16636 S. Crenshaw Blvd.  
Torrance, CA 90504

M-F, 9-5

Adult day care services including organized daily activities in a community based setting offering transportation; meals, professional supervision, and respite care services.

Accepts private pay and Medi-Cal.

Email: [info@adhc.net](mailto:info@adhc.net)

## DAY CARE

### **Lomita Adult Day Health Care Center**

**310-539-4800**

1234 Lomita Blvd., Suite E  
Harbor City, CA 90710

M-F, 10-2

Day care for adults, especially seniors who are at risk of being placed in a nursing home. Provides social and recreational activities, meals/snacks and a wide variety of health therapeutics and social services. Accepts private pay and Medi-Cal. See also Alzheimer's category.

Website: [www.caring.com](http://www.caring.com) (day care, Harbor City)

### **Sage House (Salvation Army)**

**310-832-6031**

138 S. Bandini St.  
San Pedro, CA 90731

M-F, 8-5

Day care for those with Alzheimer's, dementia, or post-stroke. Hot lunches provided. Variety of activities provided, and outside groups come to entertain. Caregiver meetings free to the public; meeting 3<sup>rd</sup> Wednesday of the month from 5:30 pm -7 pm. Also see Alzheimer's category.

Website: [www.salvationarmy.org](http://www.salvationarmy.org)

### **South Bay Adult Care Center**

**310-214-6963**

Anderson Park Senior Center  
3007 Vail Ave.  
Redondo Beach, CA 90278

T-F, 7:30-5:30  
Sat, 10:30-5:30

Day care for people who have Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization. Also see Alzheimer's category.

Website: [www.southbayadultdaycarecenter.org](http://www.southbayadultdaycarecenter.org)

# DENTAL

## **Dental Board of California**

**877-729-7789**

M-F, 8-5

Review disciplinary action to complaints regarding care and abuse by dentists who are members of the L.A. Dental Society.

Website: [www.dbc.ca.gov](http://www.dbc.ca.gov)

## **Donated Dental Services (DDS)**

**877-357-8660**

P.O. Box 13749

M-F, 8:30-5

Sacramento, CA 95853-4749

A program of the California Dental Association and the National Foundation of Dentistry for the Handicapped in which volunteer dental professionals provide care for the at-risk population of elderly or disabled people who cannot afford dental treatment nor get public aid. Serves people whose dental needs have been neglected for a long time and need comprehensive treatment. Not provided are emergency services or care for those who need only routine checkups and cleanings.

Website: [www.supportforfamilies.org](http://www.supportforfamilies.org)

## **First Serve**

**310-320-3818**

First Lutheran Church

2900 W. Carson St.

Torrance, CA 90505

Provides free basic dental services to the elderly, under-employed, and uninsured for South Bay residents. Basic dental includes checkups, cleaning, filling, extractions, periodontal services, and x-rays.

Website: [www.first-serve.org](http://www.first-serve.org)

## **Harbor UCLA Dental Clinic**

**310-222-3493**

1000 W. Carson St.

M, T, Th, F, 1-4:30pm

Torrance, CA 90509

Provides tooth extractions only. Appointment needed.

## DENTAL

### **Herman Ostrow School of Dentistry**

**213-740-2805**

925 W. 34th St.  
Los Angeles, CA 90089

M, W, Th, 8:30-5  
T, 12:30-5

Routine care, braces, dentures, cosmetic dental treatments and X-rays. Services at reduced fees. No senior discounts. Must bring California ID. Rates are 10-30% less than private practice.

Website: [www.dentistry.usc.edu](http://www.dentistry.usc.edu)

### **Saban Free Clinic**

**323-653-8622**

8405 Beverly Blvd.  
Los Angeles, CA 90048

M-Th, 8-8  
F, 8-5

Dental care, including x-rays, fillings, extractions, cleanings. Also provides full dentures for eligible patients. The services are in partnership with UCLA School of Dentistry.

Website: [www.sabanfreeclinic.org](http://www.sabanfreeclinic.org)

### **South Bay Family Health Care Center**

**310-802-6170**

2114 Artesia Blvd.  
Redondo Beach, CA 90278

M, W, 8-4:30  
T, Th, 10-6:30

Dental care by appointment and includes dental preventive care, cleaning, x-rays, fillings and extractions. A non-profit agency. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Fees on sliding scale. A non-profit agency. Other location: 742 W. Gardena Blvd., Gardena, 90247. (See also Health Services category)

Website: [www.sbfhc.org](http://www.sbfhc.org)

### **UCLA School of Dentistry**

**310-825-7354**

Center for the Health Services  
10833 Le Conte Ave.  
Los Angeles, CA 90095

M-F, 8-5

Offers services at approximately 50% of private practice rates. Faculty dentists perform initial consultations and students complete subsequent work.

Website: [www.dentistry.ucla.edu](http://www.dentistry.ucla.edu)

## DENTAL

### **UCLA - Venice Dental Clinic**

**310-392-4103**

323 S. Lincoln Blvd.  
Venice, CA 90291

M-F, 8-5

Provides comprehensive dental care including oral and implant surgery serving indigent patients, the elderly, homeless, and ethnic minorities. Services include fillings, crowns, cleaning, root canal, extractions, dentures and partial dentures. Visits by appointment only.

Website: [www.dentistry.ucla.edu/patient-care/service/vdc](http://www.dentistry.ucla.edu/patient-care/service/vdc)

## DISABILITIES

### **Abledata**

**800-227-0216**

8630 Fenton St., Suite 930  
Silver Springs, MD 20910

M-F, 8:30-5:30  
EST

Database containing information on a wide variety of assistive technology products. Products can be searched by brand name, company and product type; includes product name, source and cost. Database also has a “Reading Room” which is a library of articles, books and other published resources related to specific types of assistive technology. Website: [www.abledata.com](http://www.abledata.com)

### **Access-Able Travel Source, LLC**

**303-232-2979**

P.O. Box 1796  
Wheat Ridge, CO 80034

M-F, 9-5

Provides access information to disabled travelers with travel resources for locations around the world. Has an extensive list of travel agents and tour operators that are experienced with trip planning for individuals with disabilities.

E-mail: [bill@access-able.com](mailto:bill@access-able.com)

Website: [www.access-able.com](http://www.access-able.com)

### **Access Services, Inc.**

**800-827-0829**

Services all L.A. County

M-F, 8-5 (office hours)

Disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. Operates 7 days a week. See also Transportation category. Also see Transportation category.

Website: [www.accessla.org](http://www.accessla.org)

### **Active & Able**

**877-229-9993**

2173 Oxford Rd.  
Des Plaines, IL 60018

M-F, 8-6  
CST

Offers products to assist with vision, hearing, mobility, dexterity, memory and more. Website: [www.activeandable.com](http://www.activeandable.com)

## DISABILITIES

### **Amramp**

**888-715-7598**

2702 Ridgeland Rd.  
Torrance, CA 90505

M-Sat, 8-6

Rents and sells low-cost steel modular wheelchair ramps (temporary or permanent), lifts, wireless alert devices, deck lifts, door openers and closers, and wheelchair showers.  
Website: [www.amramp.com/laoc](http://www.amramp.com/laoc)

### **Anderson Park Senior Center**

**310-318-0650**

Adaptive Mobility  
Anderson Park  
3007 Vail Ave.  
Redondo Beach, CA 90278

Activities to stimulate motor skills as well as stroke client support groups. Call for further information. Also see Alzheimer's, Education and Senior Centers category.  
Website: [www.redondo.org](http://www.redondo.org)

### **ATEC (Assistive Technology Exchange)**

**714-361-6200**

Goodwill Fitness and Technology Building  
1601 E. St. Andrews Pl.  
Santa Ana, CA 92705

T-F, 10-8  
Sat, 10-2

ATEC is a comprehensive assistive technology resource center. Provides consultation and assessment services, equipment loan and support in learning how to use assistive technology equipment. Assistive technology includes augmentative and alternative communication, computer access, low vision and blindness technology, and electronic aids to daily living, ergonomics, and assistive living devices.  
Website: [www.atec-oc.org](http://www.atec-oc.org)

### **Better Hearing Institute**

**800-327-9355**

1444 I Street, NW, Ste. 700  
Washington, DC 20005

24 hrs.

Provides educational material and resources for hearing loss, prevention, and guides to hearing aids.

Website: [www.betterhearing.org](http://www.betterhearing.org)



## DISABILITIES

### **Braille Institute**

**800-272-4553**

**323-663-1111**

741 N. Vermont Ave.  
Los Angeles, CA 90029

M-F, 8:30-4

Information, instruction, and training for visually impaired, the blind and their families. Services: library, low vision rehabilitation, educational programs and visual aid service for visually impaired. The store sells assisted living aids; hours M-F, 9-4:30. Also see Library category.

Website: [www.brailleinstitute.org](http://www.brailleinstitute.org)

### **CA Department of Rehabilitation**

**310-217-6955**

1149 W. 190<sup>th</sup> St., Suite 2200  
Gardena, CA 90246

M-F, 8-5

Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office locations: 15901 Hawthorne Blvd., #110, Lawndale, phone 310-793-1157, and 4300 Long Beach Blvd., Suite 200, Long Beach, (district office) phone 562-422-8325. Also see Disabilities category.

Website: [www.dor.ca.gov](http://www.dor.ca.gov)

### **California Aquatic Therapy and Wellness Center**

**310-537-2224**

6801 Long Beach Blvd.  
Long Beach, CA 90805

T-F, 9-5

Sat, 9-1

The mission of the center is to promote wellness and improve the quality of life for individuals with health needs including the disabled, injured, elderly and youth. Provides water exercises and therapeutic activities for those with limited range of motion, poor motor coordination, perceptual/spatial problems, balance deficits, circulatory problems, and orthopedic injuries. The facility is equipped with accessible ramps and lifts for those who are wheelchair-bound or have limited mobility.

Website: [www.caaquatictherapy.com/](http://www.caaquatictherapy.com/)

## **DISABILITIES**

### **California Foundation for Independent Living Center**

**800-390-2699**  
**800-900-0706 (TTY)**

Assistive Technology Network  
1234 H St., Suite 100  
Sacramento, CA 95814

M-F, 8-5

Assistive Technology Network is an online database of organizations and businesses that sell, service, rent, fund or otherwise provide assistive technology services. When using this service, enter your zip code and then specify distance and categories to help find resources within your local area.

Website: [www.atnet.org](http://www.atnet.org)

### **California Relay Service (CRS)**

**711**

Allows deaf, hard of hearing or speech impaired persons to communicate with any other telephone user via using "Telecommunications Device for the Deaf" (TDD), Voice Carry Over (VCO), Hearing Carry Over (HCO) or Spanish to Spanish.

24 hrs. 7 days/week. Phone (TDD): 866-735-2929.

Website: [www.ddtp.cpuc.ca.gov](http://www.ddtp.cpuc.ca.gov)

### **California Telephone Access Program**

**Voice: 800/806-1191**  
**TTY: 800/806-4474**

M-F, 7 am-6 pm  
Sat, 9-4

AT&T customer service provides specialized telecommunication equipment and services. Equipment available at no charge for California residents certified as having functional limitations of hearing, vision, restricted mobility, speed, and memory. Certification can be issued from a medical doctor, licensed audiologist, rehabilitation counselor, or hearing aid dispenser. Spanish also spoken.

Website: [www.ddtp.org](http://www.ddtp.org)

## **DISABILITIES**

### **Caregivers Closet**

**877-538-6568**

549 A Pompton Ave., Suite 104  
Cedar Grove, NJ 07009

M-F, 8:30-5

Products designed to facilitate every day activities such as dressing, washing, grooming, cooking or eating as well as leisure time activities such as reading, writing or playing cards. Special toileting aids available.

Website: [www.caregivercloset.com](http://www.caregivercloset.com)

### **CART (Center for Applied Rehabilitation Technology)**

**562-401-6800**

7601 E. Imperial Highway  
Downey, CA 90242

M-F, 8:30-4:30

CART is a comprehensive assistive technology resource center providing consultation and assessment, equipment loan, technical support, and learning assistance. Areas of assistive technology support include: computer access and use, low vision and blindness, augmentative and alternative communication, and electronic aids to daily living. Seating, positioning, and mobility are evaluated to ensure optimal function. Interdisciplinary teams are assigned to work with clients and caregivers to ensure recommended technologies are compatible and provide optimal function. A model home with high-tech adaptations for the physically disabled is maintained at the facility to provide client evaluations in a realistic environment. Accepts most medical insurance including Medi-Cal and Medicare. A doctor's prescription is required. May contact Occupational Therapist, Kathleen Chanfield at 562-401-6809 for more information. CART is an integral part of the Rancho Los Amigos National Rehabilitation Center (hospital) in Downey.

Website: [www.rancho.org/cart](http://www.rancho.org/cart)

## **DISABILITIES**

### **Center for the Partially Sighted**

**310- 988-1970**

6101 W. Centinela Ave., Suite 150  
Culver City, CA 90230

M-F, 9-5

A comprehensive low-vision rehabilitation agency for partially sighted adults age 50 years and older. Services include: low vision exams, training in the use of low vision aids, support groups, independent living skills training, and psychological and rehabilitation services. Specialized programs include macular degeneration, diabetes, and vision loss. Accepts Medicare and Medi-Cal. Satellite program in the South Bay at 22340 Hawthorne Blvd., Torrance 90503. Sliding scale based on ability to pay at Culver City only. Some services for fully blind individuals.

Website: [www.low-vision.org](http://www.low-vision.org)

### **Comfort Clothing**

**888-640-0814**

P.O. Box 1396  
Standish, ME 04084

7 days, 8-6

Provides easy access clothing at reasonable prices for people with disabilities or restrictions.

Website: [www.comfortclothing.com](http://www.comfortclothing.com)

### **Del Amo Hospital**

**310-530-1151**

23700 Camino Del Sol  
Torrance, CA 90505

24/7

Psychiatric hospital with several treatment programs for all ages including eating disorder recovery, trauma recovery, sexual addiction, sexual offending, chemical dependency, as well as general adult services. Accepts Medicare, Medi-Cal for kids 21 yrs. under only, Tricare and private insurance. Also see Hospitals category.

Website: [www.delamotreatment.com](http://www.delamotreatment.com)

### **Department of Public Health, L.A. County**

**800-854-7771**

24 hrs.

24-hour screening and assessment care management, referral for emergency and crisis intervention. Also see Health Services and Hotline-Urgent categories.

Website: [www.dmh.lacounty.org](http://www.dmh.lacounty.org)

# DISABILITIES

## **Department of Rehabilitation, CA**

**310-793-1157**

15901 Hawthorne Blvd., #110  
Lawndale, CA 90260

M-F, 8-5

Assists Californians with disabilities obtain and retain employment and maximize their ability to live independently in their community. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office location: Long Beach, phone: 562-422-8325. Also see Employment category.

Website: [www.dor.ca.gov](http://www.dor.ca.gov)

## **Didi Hirsch Mental Health Services**

**310-895-2300**

**Intake number 310-390-8896**

Culver-Palms Center  
11133 Washington Blvd.  
Culver City, CA 90232

Provides a continuum of prevention, early intervention and treatment services for mental health and drug/alcohol abuse. Medicare and Medi-Cal accepted,

Website: [www.didihirsch.org](http://www.didihirsch.org)

## **Disability.org**

**Website only**

Federal government website for comprehensive information on disability programs and services in communities nationwide. Site links to more than 14,000 resources from federal, state and local government agencies, academic institutions and non-profit organizations. Subject area includes benefits, civil rights, community life, education, emergency preparedness, employment, housing, technology and transportation.

Disability.org is managed by the US Department of Labor's office of Disability Employment Policy.

Website: [www.disability.gov](http://www.disability.gov)

# DISABILITIES

## **Disability Products**

**480-220-1739**

5447 E. Elmwood St.  
Mesa, AZ 85205

M-Sat, 9-9 ET

Assistive devices and daily living aids such as wheelchair accessories, low vision aids, help at home, food prep, dressing and grooming aids, bath, shower and toilet aids.  
Website: [www.disabilityproducts.com](http://www.disabilityproducts.com)

## **Disability Rights-California**

**800-776-5746**

**213-213-8000**

M-F, 9-5

Los Angeles Legal Office  
350 S. Bixel St. Suite 290  
Los Angeles, CA 90017

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights. Also see Advocacy and Legal categories.  
Website: [www.disabilityrightsCA.org](http://www.disabilityrightsCA.org)

## **Disability Rights Legal Center**

**213-736-1334**

**866-999-3752**

Loyola Law School Public Interest Law Center  
800 S. Figueroa St., Suite 1120  
Los Angeles, CA 90015

M-F. 9-5

Formerly the Western Law Center for Disability Rights, the center provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, mediation of disputes involving disability issues, and lawyer referral services. Spanish also spoken. Also see Advocacy and Legal categories  
Website: [www.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

## **DISABILITIES**

### **Disability Resource Directory**

**785-765-3621**

P.O. Box 204  
Manhattan, KS 66505

Online resource directory includes communications, educational, rehabilitation and resource institutions, organizations as well as manufacturers and vendors of both hardware and software products.

Website: [www.disability-resource.com](http://www.disability-resource.com)

### **Disabled Discount Pass Program, CA State Parks**

**800-777-0369**

P.O. Box 942896  
Sacramento, CA 94296-0001

California State Park offers a Disabilities Discount Pass for a small fee. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking.

The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon. Also see Discounts category.

Website: [www.parks.ca.gov](http://www.parks.ca.gov)

### **Dynamic-Living**

**888-940-0605**

125 Old Iron Ore Rd.  
Bloomfield, CT 06002

M-F, 9-5  
EST

Specialty products for individuals who need them in order to maintain their independence in homes. Products designed for low vision, hearing impairments, stroke, arthritis, Alzheimer's and Multiple Sclerosis.

Website: [www.dynamic-living.com](http://www.dynamic-living.com)

## DISABILITIES

### **Enhanced Vision**

**800-811-3161**

5882 Machine Dr.  
Huntington Beach, CA 92649

M-F, 8-5

Designs and manufactures assistive technology for the visually impaired including macular degeneration, glaucoma, cataracts, retinitis pigmentosa and diabetic retinopathy. Dedicated to help individuals maintain their independence and carrying a full line of superior, easy-to-use low vision tools at affordable prices.

Website: [www.enhancedvision.com](http://www.enhancedvision.com)

### **Flying Wheels Travel**

**877-451-5006**

143 W. Bridge St.  
Owatonna, MN 55060

M-F, 9-5  
EST

Provides individual travel arrangements, customized escorted tours and group travel experiences all over the globe for people with physical disabilities, chronic illness or difficulty walking. Will arrange accessible transportation, accommodations and excursions to meet one's needs.

Website: [www.flyingwheelstravel.com](http://www.flyingwheelstravel.com)

### **Functional Living**

**310-872-0875**

3627 Almeria St.  
San Pedro, CA 90731

M-F, 9-6

A designated Certified Aging in Place Specialist providing home modifications to remove barriers and make life simple again. Provides grab bars, hand rails, stair lifts, accessible showers, walk-in tubs, ramps, wheel chair lifts, widening doorways, comfort height toilets, bidet toilet seats, lever door handles, home elevators, accessible kitchen alterations, whole bathroom remodels, tub/shower conversions, shower and tub seats and benches, and more. A full assessment and design consultation is available to make sure all needs are met.

Website: [www.functionalliving.com](http://www.functionalliving.com)



## DISABILITIES

### **Gold Violin**

**877-648-8400**

1717 Allied St., #1  
Charlottesville, VA 22903

M-F, 9-5

Helpful products for independent living for persons with issues ranging from low vision and mobility loss to achy joints and hearing loss. Items include gadgets for the kitchen, bed and bath, as well as the home office.

Website: [www.goldviolin.com](http://www.goldviolin.com)

### **Guide Dogs for the Blind, Inc.**

**800-295-4050**

350 Los Ranchitos Rd.  
San Rafael, CA 94903

M-F, 8-5

A non-profit charitable organization that provides skilled guide dogs and training in their use to visually impaired adults residing in the United States and Canada. Spanish also spoken.

Website: [www.guidedogs.com](http://www.guidedogs.com)

### **Harbor-UCLA Medical Center Psychiatric Emergency Room**

**310-222-3144**

1000 W. Carson St.  
Torrance, CA 90509

24 hrs.

Facility for all psychiatric emergencies. Also see Hotline/Urgent category.

Website: [www.harboruclapsych.com/setting/](http://www.harboruclapsych.com/setting/)

### **HDIS Inc.**

**800-269-4663**

9385 Dielman Ind. Dr.  
Olivette, MO 63132

CST  
M-Th, 8:30-7  
F - 8:30-5  
Sat, 8:30-2

Unique products to improve health, safety and comfort in the home, including aids for daily living, bathroom safety, personal care and mobility aids.

Website: [www.hdis.com](http://www.hdis.com)

## **DISABILITIES**

### **Hearing Aid Dispensers Bureau**

**916-574-7990**

**800-952-5210**

1625 N. Market Blvd., Suite S-202  
Sacramento, CA 95834

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Helps seniors locate a licensed dispenser and provide tips in purchasing hearing aids. Also see Advocacy category.

Website: [www.dca.ca.gov/hearingaid](http://www.dca.ca.gov/hearingaid)

### **Hearing Aid Help Line**

**800-521-5247**

M-F, 8-5,

Sponsored by the International Hearing Society, provides a consumer information kit with local referral to a hearing aid specialist.

Website: [www.insinfo.org](http://www.insinfo.org)

### **Home Improvement Program – Torrance**

**310-618-2731**

3031 Torrance Blvd.  
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see In-Home Services and Hotline Non-urgent.

Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

### **Humanware**

**800-722-3393**

1 UPS Way  
Champlain, NY 12919

M-F, 8:30-4:30

Adaptive equipment for blind, low vision, learning disabled and deaf-blind communication devices.

Website: [www.humanware.com](http://www.humanware.com)

## DISABILITIES

### **Joseph B. O’Neal Jr. Stroke Center**

**310-952-1763**

801 W. Carson St.  
Carson, CA 90745

M-F, 8:30-5

The stroke center supplements care and services to stroke survivors who have had a stroke more than 6 months ago. Services provided include: exercise program, fitness center, water exercise, support groups for stroke survivor and caregiver, nutrition program, occupational and speech therapy.

Website: [carson.ca.us/content/departments/pub\\_service/stroke\\_center.asp](http://carson.ca.us/content/departments/pub_service/stroke_center.asp)

### **L.A. County Dept. of Mental Health**

**800-854-7771**

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Health Services and Hotline-Urgent.

Website: [www.dmh.lacounty.org](http://www.dmh.lacounty.org)

### **Lifenets**

**317-334-5497**

The Wheelchair Project  
3707 Turfway Court  
Indianapolis, IN 46228

M-F, 9-9 ET

Non-profit wheelchair project for people to either donate or receive a manual or power wheelchair. The recipient makes arrangements to pick up the chair or pay shipping charges.

Website: [www.lifenets.org/wheelchair](http://www.lifenets.org/wheelchair)

### **Lighthouse International**

**800-828-0500**

111 E. 59th St.  
New York, NY 10022

M-F, 9-6

Works to build confidence, independence, and the opportunity for quality of life for people with impaired vision. Provides educational and advocacy services.

Website: [www.lighthouse.org](http://www.lighthouse.org)

# DISABILITIES

## **Lions Clubs International**

Collects and recycles used eyeglasses, laser and ink jet cartridges, cell phones and accessories, and reconditions used hearing aids for needy persons. Local contact for the South Bay: Dick Hobart at 310-259-0898.

Website: [www.lionsclubs.org](http://www.lionsclubs.org)

## **Long Beach Artificial Limb Company**

**562-426-5531**

2268 Long Beach Blvd.  
Long Beach, CA 90806

M-F, 9-5

Provides personalized care and medical devices for rehabilitation. Specializes in hand made prosthetics and orthotic devices with superior treatment for amputees in LA county.

Website: [www.lbal.net](http://www.lbal.net)

## **LS&S**

**800-468-4789**

145 River Rock Dr.  
Buffalo, NY 14207

M-F, 9-5

A national catalog company with products for the visually impaired and hard of hearing. Provides a wide variety of products including talking products, magnifiers, electronic optical enhancement devices, amplified products and daily living aids.

Website: [www.LSSproducts.com](http://www.LSSproducts.com)

## **Make Life Easier**

**800-522-0227**

19465 Brennan Ave.  
Perris, CA 92599-3000

M-F. 8-6

Offers a wide assortment of health and fitness aids, visual aids, mobility and support, home convenience items and bathroom safety products.

Website: [www.make-life-easier.com](http://www.make-life-easier.com)

## DISABILITIES

### **Maxi-Aids**

**800-522-6294**

42 Executive Blvd.  
Farmingdale, NY 11735

M-F, 8:30-5:30

Supplies more than 500 products for the blind/visually impaired, deaf/hard of hearing and mobility impaired. Provides high-tech and low-tech solutions including large print/talking products, computer hardware and software, and amplified telephones.

Website: [www.maxiaids.com](http://www.maxiaids.com)

### **Medical Baseline Program**

**800-655-4555**

Southern California Edison

24 hrs.

For consumers with specific medical situations who may require greater amounts of energy to meet day-to-day needs. Additional "Standard Allowance" is available to those meeting health-related qualifications. Interpreters available for many languages.

Website: [www.sce.com](http://www.sce.com)

### **National Alliance on Mental Illness (NAMI)**

**310-533-0705**

P.O. Box 5295  
Torrance, CA 90510

M-F, 8:30-5:30

A grass roots, self-help support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details.

Website: [www.namisouthbay.com](http://www.namisouthbay.com)

### **National Rehabilitation Information Center**

**800-346-2742**

4200 Forbes Blvd.  
Lanham, MD 20706

M-F, 8:30-5:30  
EST

Provides a library and information center with references related to disability and rehabilitation. Spanish also spoken.

Website: [www.naric.com](http://www.naric.com)

## **DISABILITIES**

### **New Directions Travel**

**888-967-2841**

5276 Hollister Ave., Suite 207  
Santa Barbara, CA 93111

M-F, 9-5

A non-profit organization providing high quality local, national, and international travel vacations and holiday programs for people since 1985. Those served are adults and seniors who have brain impairments such as mild to moderate developmental disabilities, mental retardation, cerebral palsy, Down Syndrome and autism. The tour guides are special educational instructors, recreation therapists, residential counselors, vocational and independent living skills counselors, and other professional staff who have been trained to work with people with developmental disabilities.

Website: [www.newdirectionstravel.org](http://www.newdirectionstravel.org)

### **North Coast Medical, Inc.**

**800-821-9319**

8100 Camino Arroyo  
Gilroy, CA 95020

M-F, 8-5

Wide variety of products such as household helpers, adaptive eating utensils, exercise equipment, transfer devices, and tools for bathing and toileting.

Website: [www.ncmedical.com](http://www.ncmedical.com)

### **Patterson Medical**

**800-323-5547**

1000 Remington Blvd., Suite 210  
Bolingbrook, IL 60440-5071

M-F, 7-7 CST

Special products to assist with reaching, dressing, personal care, writing, reading, cooking and eating, positioning and mobility.

Website: [www.pattersonmedical.com](http://www.pattersonmedical.com)

## DISABILITIES

### **Providence Little Company of Mary Medical Center San Pedro Rehabcentre**

**310-514-5377**

1300 W. 7<sup>th</sup> St.  
San Pedro, CA 90732

M-F, 8-4

The Rehabcentre is an acute rehabilitation program housed within Providence Little Company of Mary Medical Center, San Pedro. The program provides inpatient services for those who have experienced stroke, brain injury, spinal cord injury, multiple trauma, neurological illnesses, or post-operative orthopedic services. The Joint Commission on the Accreditation of Healthcare Organizations certifies the Advanced Primary Stroke Center. Other location: 21135 Hawthorne Blvd., Torrance, CA 90503, telephone 310-792-3440.

Website: [www.providence.org/sanpedro](http://www.providence.org/sanpedro)

### **Public Transportation**

South Bay Region

All South Bay cities' transportation departments provide discounts for seniors and disabled riders. Refer to Transportation section of this directory. Also see Discounts and Transportation categories.

### **Return Home Registry (Torrance)**

**310-618-6391**

Torrance Police Department  
3300 Civic Center Dr.  
Torrance, CA 90503

24/7

The Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregiver. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down's Syndrome or other debilitating illnesses, as well as children with special needs. This program is not for persons who voluntarily run away from home for other reasons and/or have behavioral issues not related to a special need. Also see categories Alzheimer's and Hotline/Urgent categories.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to city departments, police, community affairs)

## DISABILITIES

### **Sears Health & Wellness Catalog**

**800-326-1750**

24 hrs.

Offers variety of products for fitness and exercise, bathroom safety, foot care, bed and accessories, mobility, health and hygiene, and sight and hearing.

Website: [www.SearsHealthandWellness.com](http://www.SearsHealthandWellness.com)

### **Senior Eye Care Program**

**800-222-3937**

24 hrs.

Provides free educational materials on eye health and access to medical eye care for persons 65 years and older who have not been seen by an ophthalmologist in 3 or more years, and who have no eye care insurance.

Website: [www.eyecareamerica.org](http://www.eyecareamerica.org)

### **Smarthome**

**800-762-7846**

16542 Millikan Ave  
Irvine, CA 92606

M-F, 5 am-7 pm  
Sat, 6am-3 pm

Many products for home automation such as remote controls for lighting, sound and temperature. Also provides an on-line Installer Referral Program to help find a local installer, if needed.

Website: [www.smarthome.com](http://www.smarthome.com)

### **South Bay Home Health Care**

**310-618-9555**

1349 El Prado  
Torrance, CA 90501

M-F, 9-6  
Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Customer service can provide referrals to grab bar installers. Senior discount given. For emergency service (oxygen patients) after hours, call 800-464-3258. Also see Health Services category.

Website: [www.myhealthcenter.com](http://www.myhealthcenter.com)



## **DISABILITIES**

### **Spec L**

**800-445-1981**

849 Performance Ave.  
Stockton, CA 95206

M-F, 8-4

Clothing for the person who needs full or partial assistance when dressing. Adaptive clothing utilizes special closures and styling addressing the problems of incontinence, edema, limited range of motion as well as some behavior problems that are often associated with Alzheimer's disease or dementia. These features make dressing a much easier task.

Website: [www.spec-l.com](http://www.spec-l.com)

### **St. Mary's Low Vision Center**

**562-491-9275**

Parr Health Enhancement Center, 2<sup>nd</sup> floor  
1055 Linden Ave.  
Long Beach, CA 90813

M-F, 8-4:30  
By Appointment only

Optical aids, reading devices, and training in activities of daily living. Requires written referral from a licensed eye care practitioner.

Website: [www.stmarymedicalcenter.org](http://www.stmarymedicalcenter.org)

### **Torrance Home Improvement Program**

**310-618-2731**

3031 Torrance Blvd.  
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see In-Home Services and Hotline Non-urgent.

Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

## **DISABILITIES**

### **Torrance Public Library** **Katy Geissert Civic Center Library**

**310-618-5959**  
**ASSIST- 310-618-5950**  
**WOW- 310-618-5950**

3301 Torrance Blvd.  
Torrance, CA 90503

The Library provides materials and services for individuals with sensory and physical or mobility disabilities. The Words on Wheels (W.O.W.) program makes many materials available via the library's home delivery program for those unable to physically visit the library. The ASSIST (Accessible Services for Seniors – Information, Systems, Technology) program provides patrons with fully adjustable computer workstations, magnification and text-to-speech software, a variety of input devices, video print (CCTV) and hand-held magnifiers, and mobility devices (scooter, walker, wheelchair). The Library also offers large print books, audio books on cassette and CD, and closed-captioned or descriptive videos and DVD's. See also Library category. The Library's website is accessible 24 hours a day at [www.library.torranceca.gov](http://www.library.torranceca.gov)

### **U.S. Postal Service**

**800-275-8777**

Consumer Advocate  
475 L'Enfant Plaza, SW Room 5821  
Washington, DC 20260-2200

The U.S. Postal Service allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate. Also see Discounts category.  
Website: [www.usps.com/cpim/ftp/pubs/pub347.pdf](http://www.usps.com/cpim/ftp/pubs/pub347.pdf)

### **VOR**

**877-399-4867**

836 S. Arlington Heights Rd., #351  
Elk Grove Village, Illinois 60007

M-F, 9-5

VOR's mission is to advocate for high quality care and human rights for people with intellectual and developmental disabilities. Programs include medical and legal advocacy. Also see Advocacy category.  
Website: [www.vor.net](http://www.vor.net)

## DISABILITIES

### **Wardrobe Wagon**

**800-992-2737**

2737 Domestic Ave., Suite 3  
Naples. FL 34104

M-F, 9-4

Adaptive traditional clothing and footwear made for individuals with special needs.  
Website: [www.wardrobewagon.com](http://www.wardrobewagon.com)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12910 Venice Blvd.  
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Sliding scale based on ability to pay. Also see Advocacy, Case Management, Employment, In Home Services and Social Security categories.  
Website: [www.wcil.org](http://www.wcil.org)

### **W.O.W. (Words on Wheels)**

**310-618-5950**

Torrance Public Library  
Katy Geissert Civic Center Library  
3301 Torrance Blvd.  
Torrance, CA 90503

Volunteers deliver audio books, music, talking books and machines from the Braille Institute to residents of Torrance who cannot get to the library. To sign up contact the Words on Wheels coordinator at 310-618-5950.  
Website: [www.library.torrcnet.com](http://www.library.torrcnet.com)

## DISCOUNTS

### **AARP**

**866-448-3615**

National Headquarters  
601 E. St. N.W., Suite AI-200  
Washington, DC 20049

AARP Purchase Privilege Program provides discounts on hotels, motels, car rentals, auto and homeowner's insurance, dental and life insurance, roadside assistance, motor club, and pharmacy services. Must be a member of AARP.

Website: [www.aarp.org](http://www.aarp.org)

AARP programs:

Dental Insurance Plan 866-583-2085  
Driver Safety Program 888-227-7669

Health Care Options 866-270-8022  
Legal Services Network ----- 866-330-0753  
Medicare Rx Plan 888-556-7977

### **ADVANTAGE Program**

**310-517-4666**

Torrance Memorial Medical Center  
3330 Lomita Blvd.  
Torrance, CA 90505

M-F, 8:30-4:30

Free network of health and wellness services for people 50 and older. Members receive discounts on select health education services and wellness classes, free van transportation to and from Torrance Memorial for outpatient care, discounted van transportation to and from adjacent doctor's offices, and a 10% discount at all hospital cafés and eateries. Also see Education, Health Services and Insurance categories.

Website: [www.torrancememorial.org/programs/advantage](http://www.torrancememorial.org/programs/advantage)

### **Animal Licenses**

**310-618-5830**

City of Torrance  
Finance Dept., Revenue Division

M-Th, 7:30-5:30  
Alternate Fridays

One free dog license if individual qualifies for City Utility User's Tax Exemption subject to maximum household income limit. Must be 62 years or older, or permanently disabled. Dog must be spayed or neutered to qualify.

## **DISCOUNTS**

### **City of Torrance Prescription Discount**

**888-620-1749**

Prescription discount card accepted in cities nationwide. Call to locate a pharmacy near you. Use for prescriptions **not** covered by insurance. May also be eligible for higher discounts on select medications.

Website: [www.caremark.com/nlc](http://www.caremark.com/nlc)

### **Del Amo Pharmacy**

**310-543-1331**

21320 Hawthorne Blvd., Suite 112  
Torrance, CA 90503

M-F, 9-6:30

Discounts for seniors on prescriptions, vitamins, and over-the-counter medications. Durable medical goods and equipment available. Most medical insurances accepted. Vaccines available Monday through Thursday for shingles, pertussis, seasonal flu, swine flu vaccine, pneumococcal, tetanus, and hepatitis A and B. Free delivery in surrounding area. Accepts and disposes of used and outdated medications.

Website: [www.delamopharmacy.com](http://www.delamopharmacy.com).

### **Disabled Discount Pass Program, CA State Parks**

**800-777-0369**

P.O. Box 942896  
Sacramento, CA 94296-0001

California State Park offers a Disabilities Discount Pass for a small fee. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon.

Website: [www.parks.ca.gov](http://www.parks.ca.gov)

## DISCOUNTS

### **Energy Assistance Fund**

**800-205-8596**

**800-736-4777**

Southern California Edison

The Energy Assistance Fund Program is designed to help Southern California residential customers in need to pay their electric bills. A maximum of \$100 is available to qualified customers once in a 12-month period. For 1-2 persons in a household the maximum annual income is up to \$31,300, 3 persons up to \$36,800.

Website: [www.sce.com/eaf](http://www.sce.com/eaf)

### **Fox Drug of Torrance**

**310-328-7244**

1327 El Prado Ave.

M-F, 9-6:30

Torrance, CA 90501

Sat, 10-5

Family owned and operated “Good Neighbor Pharmacy” for over 20 years. Accepts most insurance plans, including Medi-Cal and Medicare. Stocks a wide variety of merchandise, medical safety and bathroom equipment. Accepts utility payments, issues money orders, UPS shipping, Western Union, faxing and a copy machine. Dollar Day section and a monthly flyer features special pricing of merchandise. Local prescription delivery within a 5-mile radius.

Website: [www.foxdrugoftorrance.com](http://www.foxdrugoftorrance.com)

### **Kovacs-Frey Pharmacy**

**310-371-7541**

2860 Artesia Blvd.

M-F, 9-6

Redondo Beach, CA 90278

Sat, 10-3

10% discount for seniors who purchase wheelchairs, walkers, scooters, lift chairs, and bathroom safety items as well as incontinence supplies.

Website: [www.kovacs-frey.com](http://www.kovacs-frey.com)

### **Partnership for Prescription Assistance**

**888-477-2669**

A free or low-cost service connecting qualifying low-income California residents with discount prescription drugs through public or private programs.

Website: [www.pparx.org](http://www.pparx.org)

## DISCOUNTS

### **Postal Solutions**

**310-371-7184**

4733 Torrance Blvd.  
Torrance, CA 90503

M-F, 9-6  
Sat, 9-5

Provides UPS, FedEx, U.S. Mail services, mailboxes, faxes, packing and moving supplies. Seniors 55 years and older receive 10% off moving supplies and packaging services. Notary service is \$10 per signature, \$5 per signature if person mentions Focal Point. No appointment needed for notary.  
Website: [www.postalsolutionsinc.com](http://www.postalsolutionsinc.com)

### **Public Transportation**

South Bay Region

Discounts for seniors and disabled riders provided by all South Bay city transportation departments. Also see Disabilities and Transportation categories.

### **Remedy Pharm, The**

**310-375-0655**

23811 Hawthorne Blvd.  
Torrance, CA 90505

M-F, 9:30-6  
Sat, 10-3

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over-the-counter vitamins. Sells durable medical equipment such as walkers, canes, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, incontinence products and wound care items. Smaller first aid supply items available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.  
Website: [www.theremedypharm.com](http://www.theremedypharm.com)

### **Southern California Edison Co.**

**800-447-6620**

Care Program

Discount of 20% for low income for 1-2 persons with total income not to exceed \$31,300. Call for details.  
Website: [www.sce.com/resident/income](http://www.sce.com/resident/income)

## DISCOUNTS

### **Southern California Gas Co.**

**800-427-2200**

#### Medical Baseline Allowance Program

Persons in the household that have a life-threatening illness, are seriously disabled, or require more heat in winter due to serious health conditions may qualify for an additional allowance of gas at a lower rate. Qualifying conditions include paraplegia, quadriplegia, hemiplegia, multiple sclerosis, scleroderma, or a compromised immune system. A physician must certify the medical need. An application can be downloaded from [www.socalgas.com/assistance](http://www.socalgas.com/assistance).

### **The Remedy Pharm**

**310-375-0655**

23811 Hawthorne Blvd.  
Torrance, CA 90505

M-F, 9:30-6  
Sat, 10-3

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over-the-counter vitamins. Sells durable medical equipment such as walkers, canes, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, incontinence products and wound care items. Smaller first aid items available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.

Website: [www.theremedypharm.com](http://www.theremedypharm.com)

### **U.S. Postal Service**

**800-275-8777**

Consumer Advocate  
475 L'Enfant Plaza, SW Room 5821  
Washington, DC 20260-2200

The U.S. Postal Service allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate. Also see Disabilities category.

Website: [www.usps.com/cpim/ftp/pubs/pub347.pdf](http://www.usps.com/cpim/ftp/pubs/pub347.pdf)



## DISCOUNTS

### **Universal Lifeline Telephone Service**

AT&T

**800-310-2355**

Verizon

**800-483-4000**

A discounted residential telephone service is available to those who meet low-income limits and other restrictions. Call for details.

### **Utility Users Tax Exemption (Torrance)**

**310-618-5830**

M-Th, 7:30-5:30

Alternate Fridays

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$27,925 would qualify for the exemption. Forms at Focal Point on Aging, phone 310-320-1300. If help needed to complete form, go to Torrance City Hall, Business License Dept. Also see Disabilities category.

Website: [www.torranceca.gov/government/citydepartments/finance](http://www.torranceca.gov/government/citydepartments/finance)

### **Western Veterinarian Group**

**310-539-3112**

Crenshaw Animal Hospital  
1950 Pacific Coast Highway  
Lomita, CA 90717

M-F, 7-7

Sat and Sun, 8-4

Full-service vet offering orthopedic surgeries, dental services and low cost spay and neuter and vaccinations. Also see Discounts category.

Website: [www.westernvetgroup.com](http://www.westernvetgroup.com)

## EDUCATION

### **ADVANTAGE Program**

**310-517-4666**

Torrance Memorial Medical Center  
3330 Lomita Blvd.  
Torrance, CA 90505

M-F, 8:30-4:30

Membership is free. Health-related resources and services for people 50 and over. Health education lectures and wellness programs include fall prevention, gentle exercises, mature driver safety, Medicare (HICAP) counseling, advance directives, AARP Driver Safety Program, information and referral to community resources for seniors. Also see Discounts, Health Services and Insurance.

Website: [www.torrancememorial.org/programs/advantage](http://www.torrancememorial.org/programs/advantage)

### **American Board of Home Care**

**800-698-2242**

P.O. Box 8055  
Laguna Hills, CA 92654

Educates seniors and their families on making decisions in choosing a caregiver.

Website: [www.abhc.info](http://www.abhc.info)

### **American Heart Association**

**Website**

“Heart Insight”

Heart Insight magazine focuses exclusively on managing and preventing cardiovascular disease and related conditions. This publication can only be read online.

Website: [www.heartinsight.com](http://www.heartinsight.com)

### **American Red Cross**

**310-225-2900**

1995 W. 190th St., Suite 100  
Torrance, CA 90503

M-F, 8:30-5

CPR, First Aid classes, emergency preparedness information and disaster services training. Information and education on health-related subjects. Has a certified nursing assistant training program. Located next to Courtyard Marriott in business park. Also see Health Services and Volunteering categories.

Website: [www.redcross.org](http://www.redcross.org)

## EDUCATION

### **Anatomical Gift Program**

**323-442-1229**

**323-442-1191**

M-F, 9-5

University of Southern California  
Keck School of Medicine  
1333 San Pedro St., MMR 108  
Los Angeles, CA 90089

Individuals can donate the whole body to enable students at the Schools of Medicine, Dentistry and Department of Bio-kinesiology and Physical Therapy can learn the fundamentals of body structure for medical education and research. The university has its own transport services to residents of LA County living within a 50-mile radius. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1229 or email: [brakke@usc.edu](mailto:brakke@usc.edu). Also see Health Services and Hospice categories.

Website: [www.agp.usc.edu](http://www.agp.usc.edu)

### **Anderson Park Senior Center**

**310-318-0650**

New Beginnings After Stroke  
Anderson Park  
3007 Vail Ave.  
Redondo Beach, CA 90278

Classes to stimulate motor skills as well as stroke client support groups. Call for further information. Also see Alzheimer's, Disabilities and Senior Centers category.

Website: [www.redondo.org](http://www.redondo.org)

### **Beach Cities Health District**

**310-374-3426**

**Ext. 502**

**(Ask for Officer of the Day)**

M-F, 8:30-5

514 N. Prospect Ave.  
Redondo Beach, CA 90277

Care management for older adults and disabled adults living in Hermosa, Manhattan, and Redondo Beach. Programs include peer counseling, volunteer visits, errands, classes on fall prevention, managing chronic illness, early stage Alzheimer's disease and caregiver classes. Exercise classes, yoga and Pilates for seniors, Silver Sneakers, volunteering, and support groups. Also see Case Management, Health Services and Volunteering categories. Website: [www.bchd.org](http://www.bchd.org)

## EDUCATION

### **Cancer Support Community**

**310-376-3550**

Pier Plaza  
109 W. Torrance Blvd., Suite 100  
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or program. Serves South Bay area and Long Beach. Also see Advocacy and Health Services categories.  
Website: [www.cancersupportredondobeach.org](http://www.cancersupportredondobeach.org)

### **Consumer Health Information Program**

**562-868-4003**

Reference Service  
12350 N. Imperial Hwy.  
Norwalk, CA 90650

T, W, Th, 8:30-7  
Sat, 8-5

Consumer health information, a special service provided by the County of Los Angeles Public Library, assists patrons with their medical research needs. The collection consists of reference books, periodicals, circulating materials, CD's, videocassettes, DVD's and an online database. The library does research upon request.  
Website: [www.colapublib.org/health](http://www.colapublib.org/health)

### **El Camino College**

**310-660-6460**

16007 Crenshaw Blvd.  
Torrance, CA 90506

M-F, 8:30-5

Offers community education classes not for college credit. Classes for all ages. Featured program "Young at Heart" for seniors. Call for schedule.  
Website: [www.elcamino.edu](http://www.elcamino.edu)

### **Elderhostel (Road Scholar)**

**877-426-8056**

11 Avenue de Lafayette  
Boston, MA 02111-1746

M-F, 9-6

Educational programs for senior citizens who want to develop new interests and travel in the U.S. and throughout the world.  
Website: [www.roadscholar.org](http://www.roadscholar.org)

## EDUCATION

### **Griffith Adult Center**

2291 Washington Ave.  
Torrance, CA 90501

**310-533-4454**

**Ext. 8300**

M-Th, 8-5

F, 8-4:30

Information and referral for adult education classes in the Torrance Unified School District.

Website: [www.tastusd.org](http://www.tastusd.org)

### **Hamilton Adult Education Center**

2606 W. 182nd St.  
Torrance, CA 90504

**310-533-4459**

**Ext. 8400**

Courses in English as a second language, citizenship, computers, and many other areas.

Website: [www.tastusd.org](http://www.tastusd.org)

### **Health Links – Torrance Memorial Medical Center**

3325 Skypark Dr. on Medical Center Dr.  
West Tower, 1st floor  
Torrance, CA 90505

**310-325-9110**

**Ext. 4225**

M-F, 9-5

Most Sat, 11-1

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referral and class registration. Assistance with medical resource computers, reference materials, community information and physician referrals to medical experts. Free health and resource packets available on a variety of topics. Also see Health Services category.

Website: [www.torrancememorial.org](http://www.torrancememorial.org)

## EDUCATION

### **KEEP-SAFE Coalition**

**310-701-8118**

4733 Torrance Blvd., #555  
Torrance, CA 90503

KEEP-SAFE stands for Keep Every Elder Protected-Stop Abuse and Financial Exploitation. Provides training and conducts free presentations to increase public awareness of crimes involving financial abuse of the elderly. Based in the South Bay, they combine community, financial institutions, law enforcement and social service agencies in combating financial elder abuse. Also see Advocacy category.

Website: [www.KEEP-SAFE.org](http://www.KEEP-SAFE.org)

### **Long Beach City College (Senior Studies Program)**

**562-938-3047**

1305 E. Pacific Coast Highway, Room FF108  
Long Beach, CA 90806

M-Th., 8-3

Offers fee based courses specifically designed for the needs and interests of mature students 55 years and older. Courses include art, language, computers, music, consumer studies, literature, current and world affairs, and physical fitness. Day tours to interesting places i.e. museums, historical buildings, etc.

Website: [www.seniorcenter.ibcc.edu/](http://www.seniorcenter.ibcc.edu/)

### **Narbonne High School**

**310-257-7191**

24300 S. Western Ave.  
Harbor City, CA 90710

M-Th, 2-9

Computer and computer repair classes for seniors.

Website: [www.narbonnehsgauchos.com](http://www.narbonnehsgauchos.com)

## EDUCATION

### **National Center for Complementary and Alternative Medicine**

**888-644-6226**

9000 Rockville Pike  
Bethesda, Maryland 20892

M-F, 8:30-5

The center is the federal government lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Their informational clearinghouse provides fact sheets, health topics, and research information and extensive database on herbs, dietary supplements, and complementary or alternative medicines.

Website: [www.nccam.nih.gov](http://www.nccam.nih.gov)

### **National Institute on Aging**

**800-222-2225**

Information Center  
P.O. Box 8057  
Gaithersburg, Maryland 20898

M-F, 8:30-5

Conducts and supports social, biomedical, and behavior research on aging processes, diseases, and the special problems and needs of older people. Provides publications on topics such as the biology of aging, exercise, doctor/patient communication, and menopause. The Institute produces the *Age Pages* – a series of fact sheets for consumers on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, and long-term care information, publications, referrals, and resource lists. Resources are available in both English and Spanish. Also see Health Services category.

Website: [www.nia.nih.gov](http://www.nia.nih.gov)

### **Omnilore CA State University, Dominguez Hills**

**310-540-6011**

P.O. Box 7000  
Redondo Beach, CA 90277

“Learning in Retirement” organization affiliated with division of extended education of CA State University. Program centered on study discussion groups and held at the Franklin Center, 840 Inglewood Ave., Redondo Beach.

Website: [www.omnilore.org](http://www.omnilore.org)

## EDUCATION

### **Providence Little Company of Mary Health Resource Center**

**800-618-6659**

20555 Earl St.  
Torrance, CA 90503

M-F, 8:30-5:30

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. This includes physician referral, education programs, as well as brochures on a variety of health-related topics. Also see Health Services.

Website: [www.providence.org/southbay](http://www.providence.org/southbay)

### **Research for Life LLC**

**800-229-3244**

**951-940-1310**

41743 Enterprise Circle N, Suite 104  
Temecula, CA 92590

M-F, 9-5

Whole body donations provide scientific research and medical education. This “gift” will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Health Services and Hospice categories.

Website: [www.research-for-life.org](http://www.research-for-life.org)

### **South Bay Literacy Council**

**310-373-7003**

Hillside Village  
24586 Hawthorne Blvd., Suite #111  
Torrance, CA 90505

M-Th, 10-4

Teaches adult students 18 years and older to read, write and speak English. Service is free. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary.

Also see Volunteering category.

Website: [www.southbayliteracy.org](http://www.southbayliteracy.org)

### **SoCal Roc (formally SCROC)**

**310-224-4200**

2300 Crenshaw Blvd.  
Torrance, CA 90501

M-Th, 7:30 am- 8 pm

Vocational training programs providing job preparation and employment assistance in the community. Call for brochure of classes.

Website: [www.socalroc.com](http://www.socalroc.com)



## EDUCATION

### **Torrance Adult School**

**310-533-4454**  
**Ext. 8393**

Older Adult Program  
Griffith Adult Center  
2291 Washington Ave.  
Torrance, CA 90501

Educational classes for seniors are held in facilities in the Torrance community including the Bartlett Senior Center as well as other school sites.

Website: [www.tustusd.org](http://www.tustusd.org)

### **Torrance Community Services Department**

**310-618-2720**

3031 Torrance Blvd., West Annex  
Torrance, CA 90503

M-Th, 8-5  
Alternate Fridays

Variety of classes for various age groups includes dancing, jewelry making, oil painting, scrapbooking, photography, exercise, etc.

Web site: [www.TorranceCA.gov](http://www.TorranceCA.gov)

### **Torrance Memorial Medical Center – Health Links**

**310-325-9110**  
**Ext. 4225**

3325 Skypark Dr. on Medical Center Dr.  
West Tower, 1st floor  
Torrance, CA 90505

M-F, 9-5  
Most Sat, 11-1

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referral and class registration. Assistance with medical resource computers, reference materials, community information and physician referrals to medical experts. Free health and resource packets available on a variety of topics. Also see Discounts, Health Services and Insurance categories.

Website: [www.torrancememorial.org/programs/advantage](http://www.torrancememorial.org/programs/advantage)

## EDUCATION

### **UCLA Center on Aging**

**310-794-0676**

10945 Le Conte Ave., Suite 3119  
Los Angeles, CA 90095-6980

M-F, 8-5

Senior Scholars Program encourages life-long learning by inviting adults 50 yrs. and older to audit undergraduate courses. Limited partial-fee waivers available based on financial need. Now offering memory training – practical activities to enhance memory ability.  
Website: [www.aging.ucla.edu](http://www.aging.ucla.edu)

## EMERGENCY SHELTER/FOOD PROGRAMS

### **211 L.A. County**

**211**

L.A. County

24 hrs.

Provides resources for emergency food and assists homeless persons with access to shelters year-round for Los Angeles and surrounding areas.

Website: [www.211LosAngeles.org](http://www.211LosAngeles.org)

### **Calvary Assembly of God (His Helping Hand)**

**310-326-2757**

25501 Oak St.  
Lomita, CA 90717

Surplus food distribution for the needy on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month, 6-7 p.m.  
Also see Meals and Nutrition category.

Website: [www.lomitachurch.org](http://www.lomitachurch.org)

### **Calvary Light Christian Center**

**310-830-3043**

1101 N. Lakme Ave.  
Wilmington, CA 90744

Food distribution for the needy, Thursdays, 10-11:30 am. Also see Meals and Nutrition category.

Website: [www.foursquare.com](http://www.foursquare.com)

### **Calvary Presbyterian Church**

**310-676-1144**

13560 Hawthorne Blvd.  
Hawthorne, CA 90250

Grocery distribution for the needy the last Friday of the month from 11:30 am-noon. Also see Meals and Nutrition category.

Website: [www.calvarypres.com](http://www.calvarypres.com)

# **EMERGENCY SHELTER/FOOD PROGRAMS**

## **Department of Public Social Services**

**562-908-8400**

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline-Non-Urgent categories. Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

## **Doors of Hope Women's and Men Shelter**

**Women-310-518-3667**

**Men-310-830-7063**

M-Sat, 9-12

529 Broad Ave. (women)  
525 Broad Ave. (men)  
Wilmington, CA 90744

Provides a safe and nurturing environment for homeless men or women in the South Bay. Residents receive food, clothes, temporary shelter and counseling for 7 days. Website: [www.beaconlightmission.org](http://www.beaconlightmission.org)

## **Food Net/San Pedro Services**

**310-519-6091**

769 W. Third St.  
San Pedro, CA 90731

Food distribution for the needy, M-F, 2-4:30 pm.  
Website: [www.lahomeless.wikia.com](http://www.lahomeless.wikia.com)

## **Harbor Gateway/Torrance Outreach**

**310-320-9727**

Normandale Recreation Center  
22400 S. Halldale Ave.  
Torrance, CA 90501

Provides food items for anyone in need on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays and the last Saturday of the month at 9:30 am, until all the food is gone. Serves the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway. Also see Meals and Nutrition category. Website: [www.harborgatewaysouth.org](http://www.harborgatewaysouth.org)

## **EMERGENCY SHELTER/FOOD PROGRAMS**

### **Harbor Interfaith**

**310-831-0603**

670 W. 9th St.  
San Pedro, CA 90731

Emergency shelter, food, and transitional housing for homeless and working poor. Food stamp applications are processed once a week. For food stamp eligibility, call the Family Resource Center at 310-831-9123. Resource Center located at 663 W. 10<sup>th</sup> St., San Pedro. Website: [www.harborinterfaith.org](http://www.harborinterfaith.org)

### **House of Yahweh**

**310-675-1384**

4046 W. Marine  
Lawndale, CA 90260

Provides food, clothing, shelter and other supportive services to the economically disadvantaged and impoverished. Persons who participate in the transitional housing program must be homeless or soon to be homeless and be drug/alcohol free for 6 months. Clients must be employed, looking for employment or attending school. Also see Meals and Nutrition category. Website: [www.hoy-southbay.org](http://www.hoy-southbay.org)

### **L.A. Regional Food Bank**

**323-234-3030**

Also refer to Meals and Nutrition category.  
Website: [www.lafoodbank.org](http://www.lafoodbank.org). Log in by using a zip code to search for nearest food banks.

### **Los Angeles Homeless Service Authority**

**213-225-6581**

M-F, 7:30-4:30

Service for people residing in the city and county of Los Angeles who are homeless or at risk of experiencing homelessness. Services include outreach to homeless encampment dwellers, and emergency services and shelter referrals to transitional housing. Also provides assistance and referral to social service agencies. Website: [www.lahsa.org](http://www.lahsa.org)

## EMERGENCY SHELTER/FOOD PROGRAMS

### **Love Inc.**

**310-831-5683**

P.O. Box 6442  
San Pedro, CA 90734

M, 9-12  
T-F, 9-5

Emergency food delivery for 1-3 months only. Referral for food, clothing, transportation and shelters. Also see Employment, Finances, In Home Services and Meals and Nutrition categories.

Website: [www.loveincsb.org](http://www.loveincsb.org)

### **Public Social Services, Department of**

**562-908-8400**

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline-Non-Urgent categories. Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

### **Rock Solid Christian Assembly**

**310-832-2788**

867 W. 10<sup>th</sup> St.  
San Pedro, CA 90731

Distribution of food every Sunday of each month, 12:30-1:30 pm, after church.  
Website: [www.rocksolidspanpedro.org](http://www.rocksolidspanpedro.org)

### **San Pedro Temple Corp**

**310-832-7228**

Salvation Army  
138 S. Bandini  
San Pedro, CA 90731

Food distribution for the needy, Tuesday and Friday, 9-12, 1:30-3 pm. Also see Meals and Nutrition category.  
Website: [www.unityinrace.com](http://www.unityinrace.com)

## **EMERGENCY SHELTER/FOOD PROGRAMS**

### **St. Catherine Laboure Catholic Church**

**310-329-0993**

3846 Redondo Beach Blvd.  
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am-1:00 pm. Also see Meals and Nutrition category.  
Website: [www.stcatchurch.com](http://www.stcatchurch.com)

### **St. Lawrence Martyr Church**

**310-540-0329**

1900 Prospect  
Redondo Beach, CA 90277

Food pantry (canned and dry food), with food distribution to local residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed Saturday, 9-10 am. Also see Meals and Nutrition category.  
Website: [www.srlm.org](http://www.srlm.org)

### **St. Margaret's Center**

**310-672-2208**

10217 Inglewood  
Lennox, CA 90304

Provides emergency assistance (food pantry) for low income and homeless families, residing in Inglewood, Hawthorne, Lennox, El Segundo, and Westchester.  
Website: [www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

### **Stillman Sawyer Family Services Center**

**310-835-1986**

820 Lomita Blvd.  
Harbor City, CA 90710

M-F, 9:30-12:30

Provides weekly and/or monthly-donated food distribution as well as government commodities to qualifying families and individuals. Also see Advocacy category.  
Website: [www.scspeak.com](http://www.scspeak.com)

# EMPLOYMENT

## **CA Department of Rehabilitation**

**310-217-6955**

1149 W. 190<sup>th</sup> St., Suite 2200  
Gardena, CA 90246

M-F, 8-5

Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office locations: 15901 Hawthorne Blvd., #110, Lawndale, phone 310-793-1157, and 4300 Long Beach Blvd., Suite 200, Long Beach, (district office) phone 562-422-8325. Also see Disabilities category.

Website: [www.dor.ca.gov](http://www.dor.ca.gov)

## **Employment Development Department**

**310-782-2101**

1220 Engracia Ave.  
Torrance, CA 90501

M-F, 8-5

Operated by the state of California with job search workshops, a resource center, counseling, and provides skills to return to the work place. On site is the South Bay Professional Association-Experience Unlimited for mature workers. The workshops include networking, resume assistance, etc. Will do research for available jobs. Veteran Employment Service assists with job search for veterans. Contact person: Bernice Sanders, 310-782-2137.

Website: [www.sbpa-la.org](http://www.sbpa-la.org)

## **Enrichment Through Employment**

**310-328-0706**

1840 W. 220th, Suite 310  
Torrance, CA 90501

M-F, 8:30-5

Helps with job placement for persons suffering from chronic mental illness.

Website: [www.ete-torrance.org](http://www.ete-torrance.org)



## EMPLOYMENT

### **Gardena One-Stop Employment**

**310-217-9579**

16801 S. Western Ave., Suite A  
Gardena, CA 90247

M-F, 8-3:45

Offers resources for those looking for work. The office has computers, job listings, and fax machines.

Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

### **Harbor Worksource Center**

**310-732-5700**

1851 N. Gaffey St., Suite F  
San Pedro, CA 90731

M-Th, 7-6

A comprehensive One Stop Career Center providing a full range of job seeker and employer services. Offers a variety of self-service job-seeking resources including free workshops to help with employment searches, free use of equipment such as computers, fax, copiers, phones, internet and resume writer computers on site. Veteran and employment representatives are available on an appointment basis.

Website: [www.worksourcecalifornia.com](http://www.worksourcecalifornia.com)

### **Love Inc.**

**310-831-5683**

P.O. Box 6442  
San Pedro, CA 90734-6442

M, 9-noon  
T-F, 9-5

Offers resume reviews and advice for making resumes have more impact. Help is provided for cover letters and follow-up thank you letters after interviews. Provides mock interviews, and job leads acquired from various sources. No fee charged for these services. Also see Emergency Shelter/Food Programs, In-Home Services and Meals and Nutrition categories.

Website: [www.loveincsb.org](http://www.loveincsb.org)

## EMPLOYMENT

### **San Pedro Service Center**

**310-519-6062**

L.A. County Title 5 Senior Employment Program  
769 W. Third St.  
San Pedro, CA 90731

M-F, 9-2

Provides an opportunity for seniors 55 yrs. and older to return to the job market on a part time basis earning minimum wage. Income levels for qualification: one person - \$13,500/year, 2 persons - \$18,000/year excluding 25% of Social Security income. Applicants should reside in the communities of Rancho Palos Verdes, Gardena, Harbor City, Lomita, Long Beach, San Pedro, and Artesia. For communities not served at this center there is a referral to other L.A. County Title V centers. Contact person is Dora Martinez. Also see Case Management, Meals and Nutrition, Senior Centers and Veterans category.

Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

### **SoCal Roc (formally SCROC)**

**310-224-4200**

2300 Crenshaw Blvd.  
Torrance, CA 90501

M-Th, 7:30 am- 8 pm

Vocational training programs providing job preparation and employment assistance in the community. Call for brochure of classes.

Website: [www.socalroc.com](http://www.socalroc.com)

### **South Bay Professional Association**

**310-782-2137**

Employment Development Department  
1220 Engracia Ave.  
Torrance, CA 90501

M-F, 8-5

A network of highly skilled executive and technical professionals committed and dedicated to helping its members in their next career opportunity. No-fee placement of positions of interest. Classes in resume writing provided.

Contact person: Bernice Sanders.

Website: [www.torrance.com/sbpa/](http://www.torrance.com/sbpa/)

## EMPLOYMENT

### **Veterans First**

**323-904-4900**

**Ext. 3904**

Jewish Vocational Service of Los Angeles

**M-F, 8:30-5**

Veterans First program provides career coaching to veterans, helping navigate the civilian business world. Will help assess job skills and, if needed, will help get additional education and training. The veteran must be under- employed with honorable discharge or general under honorable conditions. Does not need to be Jewish but have to live in the Los Angeles area. Must be a resident of Los Angeles area.

Contact person: Jessica Cheng. Also see Veterans category.

Website: [www.jvsla.org](http://www.jvsla.org)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.

**M-F, 9-5**

Los Angeles, CA 90066

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals. Also see Advocacy, Case Management, Disabilities, In Home Services and Social Security categories.

Website: [www.wcil.org](http://www.wcil.org)

## FINANCES

### **211 L.A. County**

**211**

24 hrs.

Offers services and resources in money management.

Website: [www.211LosAngeles.org](http://www.211LosAngeles.org)

### **Benefits Check up**

**Website only**

The National Council on Aging provides on line services to help people explore drug coverage options and eligibility for assistance with medication costs. Identifies state and federal assistance programs for older adults. See also National Council on Aging description of services in this category. Also see Health Services.

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org)

### **Clear Point Credit Counseling Solutions**

**562-421-8316**

4010 Watson Plaza Dr., Suite 225  
Lakewood, CA 90712

M-F, 8-5

Formerly Consumer Credit Counseling Service of L.A. Counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops, bankruptcy and reverse mortgage help. Appointments required. English and Spanish spoken. Non-profit. Also see Hotline, Non-Urgent category.

Website: [www.clearpointcreditcounselingsolutions.org](http://www.clearpointcreditcounselingsolutions.org)

## FINANCES

### Credit Reporting Agencies

Equifax	800-525-6285
P.O. Box 740241	Customer care- 800-603-9430
Atlanta, GA 30374-0241	
Website: <a href="http://www.equifax.com">www.equifax.com</a>	
Experian	888-397-3742
P.O. Box 2002	
Allen, TX 75013	
Website: <a href="http://www.experian.com">www.experian.com</a>	
Trans Union	800-916-8800
P.O. Box 2000	
Chester, PA 19022	
Website: <a href="http://www.transunion.com">www.transunion.com</a>	

### Department of Public Social Services

562-908-8400  
877-597-4777  
M-Th, 7:30-6:30

Provides financial assistance for basic needs: food, housing, general relief, in-home care, and/or medical assistance. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Serves people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Handles applications for food stamps and Medi-Cal. To request a Medi-Cal application call, 877-597-4777 or download from website. Also see Emergency Shelter/Food Programs and Hotline-Non-Urgent categories. Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

## FINANCES

### **Homeownership Preservation Foundation**

**888-995-4673**  
**TTY 877-304-9709**

Making Home Affordable Program  
3033 Excelsior Blvd., Suite 500  
Minneapolis, MN 55416

24 hrs.

A free federal government program designed to help homeowners struggling to make their mortgage payments. Provides HUD-approved counselors to educate and counsel homeowners and develop solutions for preserving and expanding homeownership. They offer a range of solutions such as refinance and take advantage of today's low interest rates, reduce monthly mortgage payments, get mortgage relief while searching for re-employment, getting help when a person owes more than the home is worth, and avoiding foreclosure when homeownership is no longer affordable or desirable. They also partner with consumer policy makers and the mortgage lending industry.

Websites: [www.995hope.org](http://www.995hope.org) or [www.makinghomeaffordable.gov](http://www.makinghomeaffordable.gov)

### **Jewish Free Loan Association**

**323-761-8830**

Jewish Community Center  
3801 E. Willow  
Long Beach, CA 90815

M-Th, 9-4:30  
F, 9-2:30

A non-profit agency offering assistance to people of all faiths facing financial challenges. Interest free loans for emergencies, education, health care and small business development. Must make an appointment to be seen.

Website: [www.jfla.org](http://www.jfla.org)

### **Love Inc.**

**310-831-5683**

PO Box 6442  
San Pedro, CA 90734-6442

M, 9-noon  
T-F, 9-5

Group of church volunteers who assist with many home services including utility bills, rental assistance, money management, etc. Call for further information. Also see Emergency Shelter/Food Programs, Employment, In Home Services and Meals and Nutrition categories.

Website: [www.loveincsb.org](http://www.loveincsb.org)

## FINANCES

### **National Council on Aging**

**202-479-1200**

**800-424-9046**

1901 L Street, NW, 4<sup>th</sup> floor  
Washington, DC 20036

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce every day expenses. Strengthens and protects major public programs i.e. Medicare, Medicaid and Social Security. One of the online tools called Benefits Checkup allows sorting through programs to determine eligibility based on income and location. See also Advocacy and Health Services categories.

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org) and [www.NCOA.org](http://www.NCOA.org)

### **Public Social Services, Department of**

**562-908-8400**

**877-597-4777**

M-Th, 7:30-6:30

Provides financial assistance for basic needs: food, housing, general relief, in-home care, and/or medical assistance. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Serves people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Handles applications for food stamps and Medi-Cal. To request a Medi-Cal application call, 877-597-4777 or download from website. Also see Emergency Shelter/Food Programs and Hotline-Non-Urgent categories.

Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

## HEALTH ORGANIZATIONS

<u>Alcoholics Anonymous</u>	800-923-8722
<u>Alzheimer's Association</u>	800-272-3900
<u>American Brain Tumor Association</u>	800-886-2282
<u>American Cancer Society</u>	800-227-2345
<u>American Chronic Pain Association</u>	800-533-3231
<u>American Council of the Blind</u>	800-424-8666
<u>American Diabetes Association</u>	800-232-3472
<u>American Dietetic Association</u>	800-877-1600
<u>American Heart Association</u>	800-242-8721
<u>American Liver Foundation</u>	800-465-4837
<u>American Lung Association</u>	800-586-4872
<u>American Parkinson's Disease Association</u>	800-223-2732
<u>American Speech, Language and Hearing Association</u>	800-638-8255
<u>American Stroke Association</u>	800-553-6321
<u>American Tinnitus Association</u>	800-634-8978



## HEALTH ORGANIZATIONS

<u>American Trauma Society</u>	800-556-7890
<u>American Urological Association Foundation</u>	866-746-4282
<u>Amyotrophic Lateral Sclerosis Association (ALS)</u>	800-782-4747
<u>Anemia Foundation</u>	800-522-7222
<u>Arthritis Foundation</u>	800-954-2873
<u>Asthma and Allergy Foundation of America</u>	800-727-8462
<u>Better Hearing Institute</u>	800-327-9355
<u>Brain Injury Association of America</u>	800-444-6443
<u>Caregiver Action Network</u>	800-896-3650
<u>Christopher and Dana Reeve Foundation</u>	800-225-0292
<u>Epilepsy Foundation</u>	800-332-1000
<u>Hospice Foundation of America</u>	800-854-3402
<u>Huntington Disease Society of America</u>	800-345-4372
<u>International Hearing Society</u>	800-521-5247
<u>Leukemia and Lymphoma Society</u>	800-955-4572

## HEALTH ORGANIZATIONS

<u>Lupus Foundation of America</u>	800-558-0121
<u>Mental Health America</u>	800-969-6642
<u>Muscular Dystrophy Association</u>	888-435-7632
<u>National Alliance on Mental Illness (NAMI)</u>	800-950-6264
<u>National Brain Injury Foundation</u>	800-444-6443
<u>National Association for Continence</u>	800-252-3337
<u>National Council on Aging</u>	800-424-9046
<u>National Headache Foundation</u>	800-843-2256
<u>National Hospice and Palliative Care Organization</u>	800-658-8898
<u>National Institute of Neurological Disorders and Stroke</u>	800-352-9424
<u>National Kidney Foundation</u>	800-747-5527
<u>National Multiple Sclerosis Society</u>	800-344-4867
<u>National Osteoporosis Foundation</u>	800-223-9994
<u>National Parkinson's Foundation</u>	800-522-8855
<u>National Psoriasis Foundation</u>	800-723-9166

## HEALTH ORGANIZATIONS

National Spinal Cord Injury Association 800-962-9629

National Stroke Association 800-787-6537

Skin Cancer Foundation 800-754-6490

Stroke Association of Southern California 310-575-1699

## HEALTH SERVICES

### **ADVANTAGE Program**

**310-517-4666**

Torrance Memorial Medical Center  
3330 Lomita Blvd.  
Torrance, CA 90505

M-F, 8:30-4:30

Free network of health-related resources and services for people 50 and older. Fitness and wellness programs, health education, and caregiver support. Offers a free physician referral service to South Bay doctors in general practice, as well as specialists. For referrals call: 310-517-4700 between 8:30 am and 5:00 pm, Monday through Friday. Also see Discounts, Education and Insurance categories.

Website: [www.torrancememorial.org/programs/advantage](http://www.torrancememorial.org/programs/advantage)

### **American Cancer Society**

**310-348-0356**

**800-227-2345**

5731 W. Slauson Ave., Suite 200  
Culver City, CA 90230

M-F, 9-5

Information and referral support. Transportation to and from medical facility, one-on-one visitor program for breast and prostate cancer patients. Skin cancer screening, patient education and cancer prevention programs. All cancer-related questions can be answered 24 hrs/day, 7 days/week @ 800-227-2345. In their data base is information on a non-profit organization, Cleaning for a Reason, where professional house cleaning and maid services are provided free to women undergoing treatment for cancer. Also see Health Organization category.

Website: [www.cancer.org](http://www.cancer.org)

### **American Foundation for the Blind**

**800-232-5463**

2 Penn Plaza, Suite 1102  
New York, NY 10121

M-F, 8-5  
EST

The mission of the foundation includes broadening access to technology, promoting independent and healthy living for people with low vision by providing them and their families with relevant and timely resources.

Website: [www.afb.org](http://www.afb.org)

## HEALTH SERVICES

### **American Red Cross**

**310-225-2900**

1995 W. 190th St., Suite 100  
Torrance, CA 90503

M-F, 8:30-5

CPR and First Aid classes. Emergency preparedness information. Disaster services training, as well as certified nursing assistant training. Education on health related subjects. Located next to Courtyard Marriott in business park. Also see Case Management, Education and Volunteering categories.

Website: [www.redcross.org](http://www.redcross.org)

### **Anatomical Gift Program**

**323-442-1229**

**323-442-1191**

University of Southern California  
Keck School of Medicine  
1333 San Pedro St., MMR 108  
Los Angeles, CA 90089

M-F, 9-5

Individuals can donate the whole body to enable students at the Schools of Medicine, Dentistry and Department of Bio-kinesiology and Physical Therapy can learn the fundamentals of body structure for medical education and research. The university has its own transport services to residents of LA County living within a 50-mile radius. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1229 or email: [brakke@usc.edu](mailto:brakke@usc.edu). Also see Education and Hospice categories.

Website: [www.agp.usc.edu](http://www.agp.usc.edu)

### **Arthritis Foundation**

**323-954-5750**

800 W. 6<sup>th</sup> St., Suite 1250  
Los Angeles, CA 90017

M-F, 9-5

Rheumatology resources and referral list to resources and services for people with arthritis including exercise and aquatic classes. General information and resources.

Web site: [www.arthritis.org](http://www.arthritis.org)

## HEALTH SERVICES

### **Beach Cities Health District**

**310-374-3426**

**Ext. 502**

**(Ask for Officer of the Day)**

514 N. Prospect Ave., 3rd floor  
Redondo Beach, CA 90277

**M-F, 8:30-5**

Care management for older adults and disabled adults living in Hermosa, Manhattan, and Redondo Beach. Programs include peer counseling, volunteer visits, fitness and wellness classes and support groups. Also see Case Management, Education and Volunteering categories.

Website: [www.bchd.org](http://www.bchd.org)

### **Benefits Check up**

**Website only**

Online services to help people explore drug coverage options and eligibility for assistance with medication costs. Identifies state and federal assistance programs for older adults.

Also see Finances category.

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org)

### **California Hospital Compare**

**Website only**

Website compares the performance of more than 200 California hospitals on a variety of useful quality measures. Can search for hospital by location, name, or medical condition. Hospitals are rated on 50 performance indicators, including patient satisfaction measures and specific conditions.

Website: [www.calhospitalcompare.org](http://www.calhospitalcompare.org)

### **Cancer Care**

**800-813-4673**

275 Seventh Ave., Floor 22  
New York, NY 10001

**M –Th, 9-7**

**F, 9-5**

**EST**

Provides free professional services to anyone affected by cancer. Programs include counseling and support groups, education, financial assistance and practical help. Services are provided by oncology social workers and are free of charge.

Website: [cancercare.org](http://cancercare.org)

## HEALTH SERVICES

### **Cancer Information Services**

**800-422-6237**

M-F, 8-8

Consumer oriented information on a wide range of cancer topics, comprehensive description of research programs and clinical trials, types of cancers, treatments, resources, and publications. Provides referrals to hospice, home care and support groups. Website: [www.cancer.gov](http://www.cancer.gov)

### **Cancer Resource Center**

**310-517-4665**

Torrance Memorial, West Tower  
3330 Lomita Blvd.  
Torrance, CA 90505

M-F, 8-4:30

Offers cancer information and education to patients, their families and the community. Advance practical oncology nurses help patients identify resources and sort through information about treatment options. Pamphlets, brochures, and videotapes available at no cost. Free and open to anyone. Free van transportation to the Center. Website: [www.torrancememorial.org/clinicalservices/cancerinstitute](http://www.torrancememorial.org/clinicalservices/cancerinstitute)

### **Cancer Support Community**

**310-376-3550**

Pier Plaza  
109 W. Torrance Blvd., Suite 100  
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Long Beach, and Orange county. Also see Advocacy and Education categories. Website: [www.cancersupportredondobeach](http://www.cancersupportredondobeach)

## HEALTH SERVICES

### **Center for Optimal Aging**

**310-832-3311**

**Ext. 4067**

**M-F, 9-5**

Providence Little Company of Mary Medical Center, San Pedro  
1300 W. 7<sup>th</sup> St.  
San Pedro, CA 90732

An outpatient featuring a multi-disciplinary assessment team focused on the needs of older adults to determine the needs of the whole person – mind, body and spirit. Individuals can access the program directly or be referred by their primary care physician. Assessment testing includes: strength, balance, mobility, range of motion, performance of activities of daily living, cognitive performance, medication use, nutrition, social connectivity and support system.  
Website: [www.california.providence.org](http://www.california.providence.org)

### **Clutters Anonymous**

**866-402-6085**

P.O. Box 91413  
Los Angeles, CA 90009

Support group for individuals who want to eliminate their clutter and establish order in their lives. Meetings at St. Margaret Mary Catholic Church, 25511 Eshelman Ave., Conference room 13 (1<sup>st</sup> floor south side), Friday's 10:30 am-noon. Contact person: Maurice at 310-376-1499.  
Website: [www.clutterersanonymous.net](http://www.clutterersanonymous.net)

### **Department of Public Health, L.A. County**

**800-854-7771**

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Health Services and Hotline-Urgent categories.  
Website: [www.dmh.lacounty.org](http://www.dmh.lacounty.org)

### **Drug Digest**

**Website only**

Most comprehensive source of evidence-based, consumer-oriented drug information on the internet. Topics include a drug library, vitamins, herbs, supplements, pill images, drug interactions and health conditions. Also provides tools to stay informed about a wide variety of medicines on the market.  
Website: [www.drugdigest.org](http://www.drugdigest.org)



## HEALTH SERVICES

### **Didi Hirsch Mental Health Services**

**310-895-2300**

**Intake number 310-390-8896**

Culver-Palms Center  
11133 Washington Blvd.  
Culver City, CA 90232

Provides a continuum of prevention, early intervention and treatment services for mental health and drug/alcohol abuse. Accepts Medicare, Medi-Cal insurance. Also see Disabilities category.

Website: [www.didihirsh.org](http://www.didihirsh.org)

### **Harbor Community Clinic**

**310-547-0202**

593 W. 6<sup>th</sup> St.  
San Pedro, CA 90731

M-F, 8-5

Provides no cost to low cost medical care to people who do not have access to any other medical care, including comprehensive preventive medical care. Mental health program offers counseling and peer support to adults. Serves the South Bay and Harbor region.

Website: [www.thehcc.net](http://www.thehcc.net)

### **Harbor-UCLA Family Health Center**

**310-534-7600**

1403 Lomita Blvd., Suite 102  
Harbor City, CA 90710

M-F, 8-4:30

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health, geriatric medicine and urgent care. Applicants are not asked about their citizenship or immigration status. Spanish spoken. Can walk in or call for appointment.

Website: [www.harborfm.com](http://www.harborfm.com)

## HEALTH SERVICES

### **Health and Healing Center**

**310-325-9110**

**Ext. 4225**

**M-F, 9-5**

Torrance Memorial Medical Center  
Health Links Center  
3330 Lomita Blvd.  
West Tower Building, 1<sup>st</sup> floor  
Torrance, CA 90505

Offers services and information that enhances the healing process and encourages a healthy life style. Integrative medicine combines conventional and complementary practices to treat the mind, body and spirit for a more holistic approach to medicine. Also see Discounts, Education and Insurance categories.

Website: [www.torrancememorial.org/healthandhealing](http://www.torrancememorial.org/healthandhealing)

### **Health Consumer Alliance**

**800-896-3203**

**M-F, 9-5**

HCA is a partnership of consumer assistance programs operated by community-based legal service organizations. The main priorities are helping consumers establish and maintain health coverage and ensure that low-income consumers with health coverage get good access to essential services.

Website: [www.healthconsumer.org](http://www.healthconsumer.org)

### **Health Fair (City of Redondo Beach Senior and Family Services)**

**310-318-0650**

1935 Manhattan Beach Blvd.  
Redondo Beach, CA 90278

Annual fall health screening program includes hearing tests, blood pressure checks, flu shots, eye exams and other various screenings. Call for date. Monday through Thursday, hour's 7:30-5:30. Office closed every other Friday.

Website: [www.redondo.org](http://www.redondo.org)

## HEALTH SERVICES

### **Health Links – Torrance Memorial Medical Center**

**310-325-9110**

**Ext. 4225**

3330 Lomita Blvd.  
West Tower Bldg., 1st floor  
Torrance, CA 90505

M-F, 8:30-5  
Most Sat, 11-1:30

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referrals and class registration. Assistance with medical resource computers, reference materials, community information and physician referral to medical experts. Free health and resource packets available on a variety of topics. Also see the Advocacy, Complaints, Education, Insurance and Legal categories and Torrance Memorial Medical Center in this category.

Website: [www.torrancememorial.org/health/education](http://www.torrancememorial.org/health/education)

Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

### **Help Yourself, Help Others**

**Website only**

Community based organization nationwide offering anonymous self-assessments for a variety of concerns that are often misunderstood or misdiagnosed. Completely confidential. Partners with several local organizations.

Website: [www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)

### **HICAP (Health Insurance Counseling)**

**800-824-0780**

Center for Health Care Rights  
520 Lafayette Park Pl., #214  
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1pm. Must call for appointment: 310-517-4666.

Also see Advocacy, Complaints, Insurance and Legal categories.

Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

## HEALTH SERVICES

### **Home Health Depot Medical Equipment & Supplies**

**310-891-1954**

2059 Pacific Coast Highway  
Lomita, CA 90717

M-F, 9-5  
Sat, 10-3

Provides adaptive and durable medical equipment, power scooters, lift chairs, and wheelchairs. Installs bathroom grab bars into tile, ramps (custom & modular), and railings.

Website: [www.medicalequipmentsouthbay.com](http://www.medicalequipmentsouthbay.com)

### **L.A. County Department of Mental Health**

**800-854-7771**

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Disabilities and Hotline-Urgent.

Website: [www.dmh.lacounty.org](http://www.dmh.lacounty.org)

### **Lawndale Medical and Mental Health Center**

**310-675-9555**

4023 Marine Ave.  
Lawndale, CA 90260

M-F, 8-4:30

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health and urgent care. Applicants are asked to provide proof of their citizenship or immigrations status. No fee for service.

Spanish spoken. Can walk in or call for appointment.

Website: [www.ahsadm.com](http://www.ahsadm.com)

## HEALTH SERVICES

### **National Council on Aging**

**800-677-1116**

1901 L Street, NW, 4<sup>th</sup> floor  
Washington, DC 20036

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce every day expenses. Strengthens and protects major public programs i.e. Medicare, Medicaid and Social Security. One of the online tools called Benefits Checkup allows sorting through programs to determine eligibility based on income and location. See also Advocacy and Finances categories.

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org) and [www.NCOA.org](http://www.NCOA.org)

### **National Institute on Aging**

**800-222-2225**

Building 31, Room 5C27  
31 Center Dr., MSC 2292  
Bethesda, MD 20892

M-F, 8:30-5

Conducts and supports social, biomedical, and behavior research on aging processes, disease, and the special problems and needs of older people. Provides publications on topics such as the biology of aging, exercise, doctor/patient communication, and menopause. The Institute produces the *Age Pages*, a series of fact sheets for consumers on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, long-term care information, publications, referrals and resource lists. Also see Advocacy, Education category.

Web site: [www.nia.nih.gov](http://www.nia.nih.gov)

### **Northeast Community Clinic**

**310-645-0444**

4455 W. 117<sup>th</sup> St., Suite 300  
Hawthorne, CA 90250

M-F, 9-5

Provides primary health care services and referral to other supportive services to the underserved and indigent residents of LA County.

Website: [www.medicarenursing.com](http://www.medicarenursing.com)

## HEALTH SERVICES

### **Providence Little Company of Mary Health Resource Center**

**800-618-6659**

20555 Earl St.  
Torrance, CA 90503

M-F, 8:30-5:30

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. This includes physician referrals and education programs, as well as brochures on a variety of health-related topics. Also see Education category.

Website: [www.providence.org/southbay](http://www.providence.org/southbay)

### **Providence Little Company of Mary San Pedro Recovery Center Chemical Dependency Rehabilitation**

**310-514-5300**

Recovery Center  
1386 W. 7<sup>th</sup> St.  
San Pedro, CA 90731

Premier inpatient and outpatient rehabilitation program for chemical dependency.

Website: [www.YourRecoveryCenter.org](http://www.YourRecoveryCenter.org)

### **Research for Life LLC**

**800-229-3244**

**951-940-1310**

41743 Enterprise Circle N, Suite 104  
Temecula, CA 92590

M-F, 9-5

Whole body donations provide scientific research and medical education. This “gift” will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Education and Hospice categories.

Website: [www.research-for-life.org](http://www.research-for-life.org)

### **Self-Help Group Sourcebook Online**

**Website only**

A searchable database that includes information on over 1100 national, international, and demonstrational model self-help support groups, ideas for starting groups and opportunities to link with others.

Website: [www.mentalhelp.net/selfhelp](http://www.mentalhelp.net/selfhelp)

## HEALTH SERVICES

### **South Bay Center for Counseling**

**310-414-2090**

360 N. Sepulveda Blvd., #2075  
El Segundo, CA 90245

M-Th, 9-9  
F, 9-5  
Sat, 9-2

A non-profit mental health agency providing services, regardless of economic status, to residents of LA County.

Website: [www.sbaycenter.com](http://www.sbaycenter.com)

### **South Bay Family Health Care Center**

**310-802-6170**

2114 Artesia Blvd.  
Redondo Beach, CA 90278

M, W, F, 7:30-4:30  
T, Th, 9-6

Non-emergency general medical services including routine physicals and exams, diagnosis, treatment and follow up, detection and monitoring of chronic illness such as diabetes, congestive heart failure, hypertension and asthma. HIV/Aids testing and counseling. General dental including dental preventive care, cleaning, x-rays, fillings and extractions. Walk-in teen clinic @ Carson School, Carson Wellness Center, 279 E. 223<sup>rd</sup> St., Carson, CA. Health education classes and integrated behavior health. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Clinic at 742 W. Gardena Blvd., Gardena. Also see Dental category.

Website: [www.sbfhc.org](http://www.sbfhc.org)

### **South Bay Home Health Care**

**310-618-9555**

1349 El Prado  
Torrance, CA 90501

M-F, 9-6  
Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Customer service can provide referrals to grab bar installers. Senior discount given. For emergency service (oxygen patients) after hours, call 800-464-3258. See also Disabilities category.

Website: [www.myhealthcenter.com](http://www.myhealthcenter.com)

## HEALTH SERVICES

### **Superior Mobility**

**310-533-4840**

360 Maple Ave.  
Torrance, CA 90503

M-F, 8-5

Provides home, adaptive and durable medical equipment with specialization in rehabilitation technology products. Bathroom safety products, various ambulatory and ramp ideas, specialized seat cushions, customized wheelchairs and seating systems. Free in-home evaluation with purchase of ramps.

Website: [www.superiormobility.com](http://www.superiormobility.com)

### **Torrance Health Center**

**310-354-2300**

Clinic and Public Health  
711 Del Amo Blvd.  
Torrance, CA 90502

M, T, Th, F, 8-4:30  
W, 10-6:30

Immunizations, TB skin tests, HIV testing and case management.

Website: [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

### **Torrance Memorial Medical Center – Health Links**

**310-325-9110**

**Ext. 4225**

3330 Lomita Blvd.  
West Tower Bldg., 1st floor  
Torrance, CA 90505

M-F, 9-5  
Most Sat, 11-1

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referrals and class registration. Assistance with medical resource computers, reference materials, community information and physician referral to medical experts. Free health and resource packets available on a variety of topics. Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: [www.torrancememorial.org/health/education](http://www.torrancememorial.org/health/education)



## HEALTH SERVICES

### **Torrance Memorial Medical Center – Woman to Woman Image Enhancement**

**310-517-4660**

3330 Lomita Blvd.  
West Tower, 1st floor  
Torrance, CA 90505

By Appointment

Free confidential consultation provided for women to learn techniques to enhance their appearance during and after hair loss, usually as a result of chemotherapy. Support services include demonstration and experience with hats, scarves, turbans and wigs, and community resources.

Website: [www.torrancememorial.org/clinical](http://www.torrancememorial.org/clinical)

### **Wilmington Health Center**

**310-518-8800**

1325 Broad Ave.  
Wilmington, CA 90744

M-F, 7:30-5

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health and urgent care. Applicants are asked about their citizenship or immigration status. Spanish spoken. Call for appointment. No website.

# HOSPICE

## **Anatomical Gift Program**

**323-442-1229**

**323-442-1191**

M-F, 9-5

University of Southern California  
Keck School of Medicine  
1333 San Pedro St., MMR 108  
Los Angeles, CA 90089

Individuals can donate the whole body to enable students at the Schools of Medicine, Dentistry and Department of Bio-kinesiology and Physical Therapy can learn the fundamentals of body structure for medical education and research. The university has its own transport services to residents of LA County living within a 50-mile radius. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1229 or email: [brakke@usc.edu](mailto:brakke@usc.edu). Also see Education and Health Services categories.

Website: [www.agp.usc.edu](http://www.agp.usc.edu)

## **Elderlink**

**800-613-5772**

P.O. Box 5202  
Santa Monica, CA 90409

M-F, 8-5

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Alzheimer's, Board and Care, Retirement and Skilled Nursing categories.

Website: [www.elderlink.org](http://www.elderlink.org)

## **Gathering Place, The**

**310-374-6323**

514 N. Prospect Ave., Suite 115  
Redondo Beach, CA 90277

M-F, 9-5

Grief and bereavement support for those experiencing a loss, either through death of a loved one or a life-changing event. Support groups for teens, adults and children.

Provides referrals to other community programs. Minimal fee. No fee for children.

Website: [www.griefcenter.info](http://www.griefcenter.info)

# HOSPICE

## **Hospice Foundation of America**

**800-854-3402**

1710 Rhode Island Ave. NW  
Washington, DC 20036

M-F, 9-6

A non-profit organization that promotes hospice care and works to educate professionals and the families they serve with issues relating to care giving, terminal illness, loss, and bereavement.

Website: [www.hospicefoundation.org](http://www.hospicefoundation.org)

## **Milestone Hospice**

**310-782-1177**

1500 Crenshaw Blvd., #200  
Torrance, CA 90501

M-F, 9-5

Provides support and caring for persons and their families who are in the final phase of living. Support for the family and/or friends continue after the death of the patient for as long as necessary. Accepts Medicare, Medi-Cal, health insurance, HMO's and private pay.

Website: [www.milestone.org](http://www.milestone.org)

## **National Hospice and Palliative Care Organization**

**800-658-8898**

National Hospice Foundation  
1731 Kin St., Suite 100  
Alexandria, VA 22314

M-F, 9-5

A non-profit organization working to enhance the quality of life for individuals who are terminally ill, and advocating for people in the final stage of life. The organization offers Caring Connections ([www.caringinfo.org](http://www.caringinfo.org)) providing resources and information to help people make decisions about end-of-life care and services, including care planning, care giving, financial issues, hospice, palliative care, grief and loss. Publication and website resources available on topics including how to find and evaluate hospice services.

Website: [www.nhpco.org](http://www.nhpco.org)

# HOSPICE

## **New Lifestyles**

**800-869-9549**

4144 N. Central  
Expressway #1000  
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Board and Care and Retirement categories.

Website: [www.NewLifeStyles.com](http://www.NewLifeStyles.com)

## **Providence Trinity Care Hospice**

**310-530-3800**

2601 Airport Dr., #230  
Torrance, CA 90505

M-F, 8-5

Doctor referral, Medicare certified, and accepts Medi-Cal and private insurance. Hospice and palliative care service for patients of all hospitals. Bereavement support for patients and family. Specialty programs for the Hispanic community.

Website: [www.california.providence.org/trinitycare-hospice](http://www.california.providence.org/trinitycare-hospice)

## **Research for Life LLC**

**800-229-3244**

**951-940-1310**

41743 Enterprise Circle N, Suite 104  
Temecula, CA 92590

M-F, 9-5

Whole body donations provide scientific research and medical education. This "gift" will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Education and Health Services categories.

Website: [www.research-for-life.org](http://www.research-for-life.org)

## **HOSPICE**

### **The Gathering Place**

**310-374-6323**

514 N. Prospect Ave., Suite 115  
Redondo Beach, CA 90277

M-F, 9-5

Grief and bereavement support for those experiencing a loss, either through death of a loved one or a life-changing event. Support groups for teens, adults and children. Provides referrals to other community programs. Minimal fee. No fee for children. Website: [www.griefcenter.info](http://www.griefcenter.info)

### **Torrance Memorial Home Health and Hospice**

**Health- 310-784 -3739**  
**Hospice-310—784-3751**

3330 Lomita Blvd., Building 1 South  
Torrance, CA 90505

M-F, 8-5

Provides support to entire family when patient is terminally ill. Doctor referral. Accepts Medicare and Medi-Cal. Also see In Home category. Website: [www.caring.com](http://www.caring.com)

### **Vitas Hospice**

**310-324-2273**

990 W. 190th St., #120  
Torrance, CA 90502

M-F, 8-5

Provides a positive presence with terminally ill patients and bereavement support for their families. Accepts Medicare and Medi-Cal. In-home or care center setting. Website: [www.vitas.com](http://www.vitas.com)

## HOSPITALS

### **Del Amo Hospital**

**310-530-1151**

23700 Camino Del Sol  
Torrance, CA 90505  
Website: [www.delamohospital.com](http://www.delamohospital.com)

Psychiatric hospital treating ages 13 years and older.

### **Centinela Hospital Medical Center**

**310-673-4660**

555 E. Hardy St.  
Inglewood, CA 90301  
Website: [www.centinelamed.com](http://www.centinelamed.com)

### **Harbor-UCLA Medical Center**

**310-222-2345**

1000 W. Carson St.  
Torrance, CA 90509  
Website: [www.ladhs.org](http://www.ladhs.org)

### **Kaiser Permanente Harbor City**

**310-325-5111**

25825 S. Vermont Ave.  
Harbor City, CA 90710  
Website: [health.kaiserpermanente.org](http://health.kaiserpermanente.org)

### **Marina del Rey Hospital**

**310-823-8911**

4650 Lincoln Blvd.  
Marina del Rey, CA 90292  
Website: [www.marinahospital.com](http://www.marinahospital.com)

### **Memorial Hospital of Gardena**

**310-532-4200**

1145 W. Redondo Beach Blvd.  
Gardena, CA 90247  
Website: [www.mhglax.com](http://www.mhglax.com)

## HOSPITALS

**Providence Little Company of Mary Medical Center, San Pedro** **310-832-3311**

1300 W. 7th St.  
San Pedro, CA 90732  
Website: [california.providence.org/san-pedro/Pages/default.aspx](http://california.providence.org/san-pedro/Pages/default.aspx)

**Providence Little Company of Mary Medical Center, Torrance** **310-540-7676**

4101 Torrance Blvd.  
Torrance, CA 90503  
Website: [california.providence.org/torrance](http://california.providence.org/torrance)

**Torrance Memorial Medical Center** **310-325-9110**

3330 Lomita Blvd.  
Torrance, CA 90505  
Website: [www.torrancememorial.org](http://www.torrancememorial.org)

**Kindred Hospital South Bay** **310-323-5330**

1246 W. 155<sup>th</sup> St.  
Gardena, CA 90247  
Website: [www.khsouthbay.com](http://www.khsouthbay.com)

## HOTLINE NON-URGENT

### **211 L.A. County**

**211**

L.A. County

24 hrs.

Data bank offering services and resources dealing with mental health, education, housing, disabilities, health, legal assistance, abuse, nutrition, consumer services, crisis intervention, financial assistance, and shelters.

Website: [www.211LosAngeles.org](http://www.211LosAngeles.org)

### **ADT Security Services**

**877-204-9836**

21171 S. Western Ave.  
Torrance, CA 90501

24 hrs.

Personal response system features a wireless, waterproof "help" button giving emergency assistance 24 hrs/day. Can be worn as necklace or wristband.

Website: [www.adt.com](http://www.adt.com)

### **American Medical ID**

**800-363-5985**

949 Wakefield, Suite 100  
Houston, TX 77018

M-F, 8-5 CST

Offers quality medical ID jewelry that is personalized and custom-engraved. Provides a medical ID online medical registry with a personal health file that includes medical conditions, emergency contact information, doctors' names, insurance information and other documents. Also see Identification category.

Website: [www.americanmedical-id.com](http://www.americanmedical-id.com)

### **Bodyguard I.D. Tags, LLC**

**800-383-7790**

4450 Black Horse Place  
Mays Landing, NJ 08330

M-F, 9-5:30

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse.

Also see Identification category.

Website: [www.medicalidtags.com](http://www.medicalidtags.com)



## **HOTLINE NON-URGENT**

### **California Voter's Assistance Hotline**

**800-345-8683**

### **Clear Point Credit Counseling Solutions**

**562-421-8316**

4010 Watson Plaza Dr., Suite 225  
Lakewood, CA 90712

M-F, 8-5

Counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops and reverse mortgage help. Appointments required. English and Spanish spoken. Non-profit. Also see Finance category.  
Website: [www.clearpointcounselingsolutions.org](http://www.clearpointcounselingsolutions.org)

### **Department of Managed Health Care**

**888-466-2219**

California HMO Help Center

24 hrs.

Assistance for consumers unsuccessful in appealing to their health plan. The department can help resolve problems with HMO's including issues about medical or dental care, prescriptions, preventive testing, and mental health services. See also Complaints category.  
Website: [www.hmohelp.ca.gov](http://www.hmohelp.ca.gov)

### **Department of Public Social Services**

**562-908-8400**

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline-Urgent categories.  
Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

## **HOTLINE NON-URGENT**

### **Direct Link**

**310-316-3568**

3820 Del Amo Blvd., Ste. 236  
Torrance, CA 90503

24 hrs.

Personal response system providing a small, wireless button worn around the neck or wrist that when activated will summon immediate help from a professional staff. This program can also include additional emergency call buttons strategically located throughout the home for those critical times when a person is not wearing the button. In addition, Direct Link can provide a person with added help in case of a break-in while home alone.

### **“Do Not Call” Registry**

**888-382-1222**  
**TTY 866-290-4236**

Register phone numbers to reduce telemarketing.  
Website: [www.donotcall.gov](http://www.donotcall.gov)

### **Emergency Response Systems**

ADT Security Services, 800-238-2727  
Direct Link, 310-316-3568  
Life Alert, 800-344-4533  
LifeFone, 800-882-2280  
Lifeline, 800-372-4103  
Rescue Alert of CA Inc., 310-375-5353  
RA911 Rescue Alert, 310-375-5353

### **Gentle Transitions**

**800-619-3049**  
**310-937-1023**  
M-F, 9-5

1726 Manhattan Beach Blvd., Suite G  
Manhattan Beach, CA 90266

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded, insured, and references provided. Also see Case Management category.  
Website: [www.gentletransitions.com](http://www.gentletransitions.com)

### **Hazardous Waste Recycling (L.A. County)**

**888-253-2652**

## **HOTLINE NON-URGENT**

### **Hoarding Hotline**

**213-351-7284**

550 S. Vermont  
Los Angeles, CA 90020Address

Sponsored by the LA Fire Dept.  
Website: [www.hoardingtaskforce.org](http://www.hoardingtaskforce.org)

### **Home Improvement Program – Torrance**

**310-618-2731**

3031 Torrance Blvd.  
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Disabilities and In-Home Services category.  
Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

### **L.A. County Registrar Recorder**

**800-201-8999**

County Clerk Office

M-F, 8:30-4:30

Recorded information on obtaining birth, death, marriage licenses, record real estate transactions, real estate records, business filings and records. Nearest office to the South Bay: LAX Courthouse, 11701 S. La Cienega Blvd., 6th floor, Los Angeles, CA 90045, phone 310-727-6142.  
Website: [www.lavote.net](http://www.lavote.net)

### **Life Alert**

**800-344-4533**

A personal emergency response company using technology to provide protection via home audio. Provides help 24/7 for any type of emergency whether medical, home intrusion, fire, carbon monoxide gas or emergencies away from home. A “help button” is either worn around the wrist or neck.  
Website: [www.lifealert.com](http://www.lifealert.com)

## **HOTLINE NON-URGENT**

### **LifeFone**

**800-882-2280**

Personal response service providing a medical alert necklace and bracelet pendant button that is lightweight and waterproof. Technicians dispatch emergency medical services and call family members, neighbors or physician. LifeFone customizes the response to a person's needs. Help is available 24/7.

Website: [www.lifefone.com](http://www.lifefone.com)

### **Lifeline**

**800-372-4103**

**310-542-0563**

Home Instead Senior Care  
3825 Del Amo Blvd., Suite 104  
Torrance, CA 90503

Emergency button activates a speakerphone and dials Lifeline. Response within 20-25 seconds. A person can be heard usually from any room in the house, or about 150 feet from the phone. If help is needed a specified neighbor or the paramedics will be called.

Website: [www.homeinstead.com/286](http://www.homeinstead.com/286)

### **MedicAlert+Safe Return (Alzheimer's Association)**

**888-572-8566**

24 hrs.

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Caregivers register dementia patients in the data bank. Also see Alzheimer's and Hotline/Urgent categories.

Web site: [www.medicalert.org](http://www.medicalert.org)

### **Medi-Cal Information**

**877-481-1044**

M-F, 8-5

A state and federally funded program providing health insurance to low-income persons who meet eligibility requirements. Operated by the Department of Public Social Services. Also see Insurance category.

Website: [www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

Website: [www.dhcs.ca.gov](http://www.dhcs.ca.gov) (go to home services, Medi-Cal)\_

## **HOTLINE NON-URGENT**

### **Medic Alert Foundation**

**800-432-5378**

2323 Colorado Ave.  
Turlock, CA 95382

M-F, 6 am-5 pm  
Sat, 8-5

Engraved jewelry identifying medical condition with emergency help 24 hours a day.  
Provides identification for Alzheimer's patients. Call for brochure. Also see  
Identification category.  
Website: [www.medicalert.org](http://www.medicalert.org).

### **Medicare Information**

**800-633-4227**

General Medicare information including enrollment, Medicaid programs for low income individuals, billing information, ordering of Medicare publications, drug and health plan choices. Also see Insurance category.  
Website: [www.medicare.gov](http://www.medicare.gov)

### **National Fraud Information Center**

**800-876-7060**

M-F, 9-5:30

Provides information, referral services and assistance in filing complaints. Also provides information on telemarketing, internet fraud, scams against business or the elderly, and counterfeit drugs.  
Web site: [www.fraud.org](http://www.fraud.org)

### **Public Social Services, Department of**

**562-908-8400**

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline-Urgent categories.  
Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

## **HOTLINE NON-URGENT**

### **RA911 Rescue Alert**

**310-375-5353**

3812 Sepulveda Blvd., Suite 240  
Torrance, CA 90505

24 hrs.

A personal emergency response system allowing an individual in need of urgent assistance **away from home**. By pressing a button one can speak directly to a local 911 dispatcher over the two-way voice speaker. Operates 24 hours a day. Call for more information.

Website: [www.24hrcares.com](http://www.24hrcares.com)

### **Rescue Alert of CA, Inc.**

**310-375-5353**

3812 Sepulveda Blvd., Suite 240  
Torrance, CA 90505

24 hrs.

A personal emergency response system installed in your home with a push button worn either as a bracelet or necklace that allows for an individual in need of urgent assistance to press the button to alert either 911 or responders (friends, family, or neighbors). The unit works 24 hours a day, seven days a week with a 90-hour battery life. Geographic area served: greater Los Angeles area focusing on the South Bay. 100 different languages available. Call for more information.

Website: [www.rescuealert.com](http://www.rescuealert.com)

### **Social Security Administration**

**800-772-1213**

22600 Crenshaw Blvd.  
Torrance, CA 90505

M-F, 9-4

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance. Also see Social Security and Veterans categories.

Website: [www.ssa.gov](http://www.ssa.gov)

## **HOTLINE NON-URGENT**

**Southern California Gas Co.**

**800-427-2200**

24 hrs.

Furnace repair or replacement for low-income seniors, call 800-207-8567. Safety inspections and repairs. For weatherization, call 800-331-7593.  
Website: [www.socal.com](http://www.socal.com)

**Torrance Home Improvement Program**

**310-618-2731**

3031 Torrance Blvd.  
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Disabilities and In-Home Services category.  
Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

## **HOTLINE/URGENT**

### **1736 Family Crisis Center**

**310-370-5902**

24 hrs.

Telephone screening for referrals to crisis intervention, counseling, and shelters for battered women.

Website: [www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)

### **211 L.A. County**

**211**

L.A. County

24 hrs.

Information and referral on General Relief Aid to families with dependent children, food stamps, emergency shelter, Medi-Cal, and other forms of financial assistance. For faster service call before 8:30 am or after 4:30 pm.

Website: [www.211LosAngeles.org](http://www.211LosAngeles.org)

### **Abuse Hotline**

**800-978-3600**

Nationwide

24 hrs.

In an Emergency, call 911

Deals with domestic violence. English and Spanish are spoken.

Website: [www.da.lacounty.gov/domv.htm](http://www.da.lacounty.gov/domv.htm)

### **Adult Protective Services**

**877-477-3646**

Community and Senior Services

24/7

3333 Wilshire Blvd., Ste. 400

Los Angeles, CA 90010

Assists seniors 65 yrs. and older who are endangered due to unsafe living conditions, neglect, financial or physical abuse. Disabled, 18 yrs. and older. Non-facility abuse. Serves L.A. County with a 24-hour hotline: 877-477-4646. Also see Abuse and Advocacy categories.

Website: [www.cdss.ca.gov](http://www.cdss.ca.gov)



## **HOTLINE/URGENT**

### **Alzheimer's Association 24/7 Helpline**

**800-272-3900**

24/7

The Helpline provides expert advice, care consultation and information and referrals at the local and national levels, regarding Alzheimer's disease and related dementias. Trained professional customer staff and masters degree social workers are available at all times. Also see Alzheimer's category.

Website: [www.alz.org](http://www.alz.org)

### **Center for the Pacific-Asian Family**

**800-339-3940**

14112 S. Kingsley Dr.  
Gardena, CA 90249

24 hrs.

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline. Also see Abuse category.

Website: [www.nurturingchange.org](http://www.nurturingchange.org)

### **Community Helpline**

**310-793-9050**

**877-541-2525**

P.O. Box 2503  
Palos Verdes, CA 90274

7 days, 7 am-10 pm

A confidential listening crisis and referral hotline. The well-trained volunteers help to clarify a caller's feelings and concerns, define options and offer referrals as needed for those confronted with drug or alcohol abuse or violence. Helps those suffering a loss, feeling suicidal, dealing with peer pressure, coping with family problems, struggling with an eating disorder, or simply feeling lonely.

No website.

### **Department of Public Health, L.A. County**

**800-854-7771**

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Health Services and Hotline-Urgent categories.

Website: [www.dmh.lacounty.org](http://www.dmh.lacounty.org)

## **HOTLINE/URGENT**

### **Department of Public Social Services**

**562-908-8400**

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline-Non-Urgent categories. Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

### **Elder Abuse Hotline**

**800-992-1660**

Emergency: 911

24 hrs.

Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish also spoken.

Also see Abuse category.

Website: [da.lacounty.gov/seniors](http://da.lacounty.gov/seniors)

### **Eviction Defense Hotline**

**562-435-3501**

Operated by the Legal Aid Foundation, this housing/eviction defense office helps low-income tenants stay in their homes if they are being unfairly evicted. Languages spoken are English, Spanish, Chinese, Taiwanese, Korean, Russian, and Japanese. Also see Legal category.

Website: [www.evictiondefensenetwork.org](http://www.evictiondefensenetwork.org)

### **Harbor-UCLA Medical Center Psychiatric Emergency Room**

**310-222-3144**

1000 W. Carson St.  
Torrance, CA 90509

24 hrs.

Facility for all psychiatric emergencies. Also see Disabilities category.

Website: [www.harboruclapsych.com/setting/](http://www.harboruclapsych.com/setting/)

## **HOTLINE/URGENT**

### **Identity Theft Hotline**

**877-438-4338**

Identity Theft Clearing House  
Federal Trade Commission  
600 Pennsylvania Ave. NW  
Washington, DC 20580

M-F, 9 am-8 pm

Provides victims of identity theft with specific information about how to prevent additional harm to their finances and credit history. Spanish also spoken.

Website: [www.privacyrights.org](http://www.privacyrights.org)

### **L.A. County Department of Mental Health**

**800-854-7771**

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Disabilities, Health Services and Hotline-Urgent.

Website: [www.dmh.lacounty.org](http://www.dmh.lacounty.org)

### **Long Term Care Ombudsman**

**800-334-9473**

Wise and Healthy Aging

M-F, 8-5

Facility abuse and complaints are investigated on behalf of residents in nursing homes, board and care homes, and convalescent hospitals. After hours hotline phone, 800-231-4024. Also see categories Abuse, Advocacy and Complaints.

Website: [www.la4seniors.com/ombudsman.htm](http://www.la4seniors.com/ombudsman.htm)

### **MedicAlert+Safe Return (Alzheimer's Association)**

**888-572-8566**

24 hrs.

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Caregivers register dementia patients in the database. Also see Alzheimer's category.

Website: [www.medicalert.org](http://www.medicalert.org)

## **HOTLINE/URGENT**

### **Medi-Cal Fraud Hotline**

**800-822-6222**

Dept. of Health and Human Services

M-F, 8-5:30 ET

Languages spoken: Spanish, Vietnamese, Cambodian, and Russian.

Website: [www.dhcs.gov](http://www.dhcs.gov)

### **Medicare Fraud Hotline**

**800-447-8477**

Inspector General's Office

M-F, 8-5:30 ET

U.S. Dept. Health and Human Services

English and Spanish Spoken.

Website: [www.hhs.gov](http://www.hhs.gov)

### **National Suicide Prevention Hotline**

**800-273-8255**

24 hrs.

Hotline for people thinking of suicide. Interpreters for any language.

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### **Poison Control Center**

**800-222-1222**

A medical facility that is able to provide immediate, free expert treatment advice and assistance over the telephone in case of exposure to poisonous or hazardous substance. In addition, gives advice about household products, medicines, pesticides, plants, bites and stings, food poisoning and fumes.

## **HOTLINE/URGENT**

### **Public Social Services, Department of**

**562-908-8400**

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline Non-Urgent categories. Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

### **Rainbow Services**

**310-547-9343**

24 hrs.

Battered adult services. 24-hr. bilingual (Spanish) advocacy, counseling, support groups, and emergency shelters and transitional shelters. Also see Abuse and Advocacy categories.

Website: [www.rainbowservicesdv.org](http://www.rainbowservicesdv.org)

### **Return Home Registry (Torrance)**

**310-618-6391**

Torrance Police Department  
3300 Civic Center Dr.  
Torrance, CA 90503

24/7

Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregivers. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down's Syndrome or other debilitating illnesses, and children with special needs. This program is not for persons who voluntarily run away from home for other reasons and have behavioral issues not related to a special need. Also see Alzheimer's and Disabilities categories.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to city departments, police, community affairs)

## **HOTLINE/URGENT**

### **Social Security Fraud Hotline**

**800-269-0271**

P.O. Box 17785  
Baltimore, Maryland 21235

M-F, 10-4 ET

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Complaints and Social Security categories.  
Website: [www.socialsecurity.gov/org](http://www.socialsecurity.gov/org)

### **Suicide Prevention Center**

**877-727-4747**

D. Hirsh Health Center

24 hrs.

24-hour telephone support system and referral network for callers in suicidal crisis. Survivors' group and speakers bureau.  
Website: [www.suicidepreventioncenter.org](http://www.suicidepreventioncenter.org)

### **Veterans Crisis Line**

**800-273-8255 (TALK)  
Ext. 1**

A free hotline set up by the Veterans Health Administration giving 24/7 access to trained counselors who know what a veteran is going through. Provides support for veterans in crisis and their family and friends. All calls are confidential. Also see Veterans category.  
Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## HOUSING NON-SUBSIDIZED

### **Camino Village Senior Complex**

**310-835-1899**

21735 S. Main St.  
Carson, CA 90745

M-F, 8-5

44 one-bedroom units, 55 years and older. Also see Housing, Subsidized category.

### **Carson Terrace Senior Apartments**

**310-835-0969**

632 E. 219th St.  
Carson, CA 90745

62 one-bedroom units, 55 years and older and accepts disabled 55 yrs. and older.

### **Coleman Court**

**310-212-5898**

1421 Cravens Ave.  
Torrance, CA 90501

78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash. Also see Housing, Subsidized category.

### **Don Apartments**

**310-549-3338**

105 East I Street  
Wilmington, CA 90744

58 one-bedroom units. Applicants must be 55 years and older. Also see Housing, Subsidized category.

### **Harmony Court Apartments**

**310-214-1416**

4502 186th St.  
Redondo Beach, CA 90278

187 units. One and two bedrooms, 62 years and older and accepts disabled 62 years and older. Also see Housing, Subsidized category.

## HOUSING NON-SUBSIDIZED

### **Heritage Point**

**310-318-8418**

1801 Aviation Way  
Redondo Beach, CA 90278

135 units, one and two bedrooms, 62 years and older for senior independent living. Elevators in building and convenient to shopping and dining. Also see Housing, Subsidized category.

### **Manhattan Village Senior Villas**

**310-546-4062**

1300 Park View Ave.  
Manhattan Beach, CA 90266

104 one-bedroom units, 55 years and older.

### **Mobile Homes Association**

**310-530-2610**

Mobile homes in mobile home parks are a low-cost housing alternative. Debbie Vicars, President of Knolls Lodge/Manor Homeowners Assn. can advise on mobile homes in general.

### **New Horizons South Bay**

**310-325-3080**

22727 Maple Ave.  
Torrance, CA 90505

M-F, 8:30-12:00  
1:00-4:00

600 one and two bedroom with den units, 30% are rentals (approx. 180 units), 55 years and older, disabled accepted. Rent includes water and trash, the use of the 9- hole golf course, tennis court and swimming pools. The New Horizons newsletter will provide rental listings and is available at the Club House office.

Website: [www.newhorizonssouthbay.org](http://www.newhorizonssouthbay.org)



## HOUSING NON-SUBSIDIZED

### **Ocean Terrace**

**310-373-0903**

3851 226th St.  
Torrance, CA 90505

M-F, 9-1

36 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash. Also see Housing, Subsidized category.

### **Roland R. Mindeman Senior Residence**

**310-318-2827**

125 W. Beryl  
Redondo Beach, CA 90277

44 one-bedroom units, 4 two-bedrooms, 1 efficiency for 62 years and older. Water and gas paid.

### **Ross Manhattan Terrace**

**310-545-5063**

3400 N. Valley Dr.  
Manhattan Beach, CA 90266

48 one-bedroom units, 55 years and older; accepts disabled who are independent. Water and trash paid.

### **Seaside Villa**

**310-376-9363**

319 N. Broadway St.  
Redondo Beach, CA 90277

Seven one-bedroom units, 62 years and older. Appointment needed to see apartments. Also see Housing, Subsidized category.

### **Seasons Senior Apartments**

**310-374-6664**

109 S. Francisca Ave.  
Redondo Beach, CA 90277

37 units, one and two bedrooms accepting 55 years and older. Also see Housing, Subsidized, category.

## HOUSING NON-SUBSIDIZED

### Southwood Mobile Estates

310-345-8915

20550 Earl St.  
Torrance, CA 90503

No age restrictions. One and two bedroom rental units. A short walk to Providence Little Co. of Mary hospital and doctor's offices.

## HOUSING, SUBSIDIZED

### **Avalon Courtyard**

**310-522-9858**

22121 S. Avalon Blvd.  
Carson, CA 90745

Accepts L.A. County Vouchers only. 91 one-bedroom units, 62 years and older; accepts disabled 62 years and older.  
Email: [avalonproperties@tsaproperty.com](mailto:avalonproperties@tsaproperty.com)

### **Bayside Terrace**

**310-832-4926**

860 W. 5th St.  
San Pedro, CA 90731

Accepts Section 8 vouchers. 99 one-bedroom units, 55 years and older and accepts disabled.

### **Camino Village Senior Complex**

**310-835-1899**

21735 S. Main St.  
Carson, CA 90745

Accepts L.A. County Section 8 Vouchers. 44 one-bedroom units, 55 years and older.  
Also see Housing, Non-Subsidized category.

### **Carson Garden Retirement Apts.**

**310-518-2790**

21811 S. Main St.  
Carson, CA 90745

Section 8 building administered by management. 99 one-bedroom units, 62 years and older; accepts disabled.

### **Carson Terrace Senior Apartments**

**310-835-0969**

632 E. 219th St.  
Carson, CA 90745

Accepts Section 8 vouchers. 62 one-bedroom units, 55 years and older and accepts disabled 55 years and older. Also see Housing, Non-Subsidized category.

## HOUSING, SUBSIDIZED

### **Casa De Los Amigos**

**310-376-3457**

123 S. Catalina Ave.  
Redondo Beach, CA 90277

M-F, 9-5:30

100% tax credit, 53 HUD units, 50% subsidized housing. 136 one-bedroom units for persons 62 years and older.

### **Coleman Court**

**310-212-5898**

1421 Cravens Ave.  
Torrance, CA 90501

Section 8 vouchers accepted. 78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas, and trash. Also see Housing, Non-Subsidized category.

### **Del Amo Gardens**

**310-371-3021**

20566 Palm Way  
Torrance, CA 90503

Mobile home park accepting Section 8.

### **Don Apartments**

**310-549-3338**

105 East I Street  
Wilmington, CA 90744

Section 8 vouchers accepted. 57 one-bedroom units and applicants must be 55 years and older. Income restrictions apply. Also see Housing, Non-Subsidized category.

### **Gardena Valley Towers**

**310-217-1320**

1715 W. 158th St.  
Gardena, CA 90247

HUD, 80 one- bedroom units, 62 years and older, and does not accept severely disabled.

## HOUSING, SUBSIDIZED

### **Gateway, The**

**310-522-4343**

720 E. Carson St.  
Carson, CA 90745

100% tax credit with 86 one-bedroom units for seniors 55 yr. and older.

### **Harbor Towers**

**310-831-8981**

340 S. Mesa St.  
San Pedro, CA 90731

M-F, 8:30-4:30

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units for independent living. 62 years and older.

### **Harmony Court Apartments**

**310-214-1416**

4502 186th St.  
Redondo Beach, CA 90278

Section 8 vouchers accepted. 187 units, one and two bedroom units, 62 years and older and accepts disabled 62 years and older. Also see Housing, Non-Subsidized category.

### **Heritage Point**

**310-318-8418**

1801 Aviation Way  
Redondo Beach, CA 90278

Section 8, 135 units with one and two bedrooms, 62 years and older. Also see Housing, Non-Subsidized category.

### **Kiwanis Gardens**

**310-325-5310**

25109 Ebony Lane So.  
Lomita, CA 90717

Section 8 building administered by management. Does not accept vouchers. 67 units for 62 years and older and accepts disabled 18 years and older.

## HOUSING, SUBSIDIZED

### **Lomita Manor**

**310-325-7055**

24925 Walnut St.  
Lomita, CA 90717

Subsidized, 73 one-bedroom units, 4 two-bedroom units, 62 years and older and/or disabled. Call Lomita City Hall, 310-325-7110.

### **Los Angeles County Housing Authority**

**800-731-4663**

700 W. Main St.  
Alhambra, CA 91801

M-F, 8-5

Operates housing units for low-income seniors and disabled throughout the county.  
Waiting list closed. TDD access: 562-906-4928.  
Website: [www.haco.la.org](http://www.haco.la.org)

### **Meadow Lark Manor**

**310-532-8310**

17150 S. Park Lane  
Gardena, CA 90247

HUD, 74-studios and one-bedroom units, 62 years and older; accepts disabled.

### **Mirandela Senior Apartments**

**310-265-5200**

5555 Crestridge Road  
Rancho Palos Verdes, CA 90275

M-Th, 9-5

Section 8, 34 apartments with one and two bedrooms fully equipped with refrigerator, gas stove, dishwasher and garbage disposal. Age requirement is 62 years and older.

### **Ocean Terrace**

**310-373-0903**

3851 W. 226th St.  
Torrance, CA 90505

Accepts Section 8 vouchers, 36 one-bedroom units, 62 years and older; accepts disabled. Rent includes water, gas, and trash. Also see Housing, Non-Subsidized category.

## HOUSING, SUBSIDIZED

### **Seaside Villa**

**310-376-9363**

319 N. Broadway St.  
Redondo Beach, CA 90277

Section 8 building administered by management. Vouchers not accepted. 40 one-bedroom units, 62 years and older. Appointment needed to see apartments. Also see Housing, Non-Subsidized category.

### **Seasons Senior Apartments**

**310-374-6664**

109 S. Francisca Ave.  
Redondo Beach, CA 90277

83 units, income and rent restricted at 80% of area median income. 37 units at market price. One and two bedrooms accepting 55 years and older.

### **Skylark Torrance Mobile**

**310-328-6381**

1820 Torrance Blvd.  
Torrance, CA 90501

Mobile home park accepting Section 8.

### **South Bay Co-op**

**310-644-1102**

4716 W. 153rd Pl.  
Lawndale, CA 90260

M-F, 9-12 noon

HUD, 56 efficiency and one bedroom studio units, 62 years and older and has 6 units for mobility impaired.

### **South Park Manor**

**310-327-9919**

17100 S. Park Lane  
Gardena, CA 90247

HUD, 88 one-bedroom units, 40 studios, 62 years and older; accepts disabled.

## HOUSING, SUBSIDIZED

### **Southwood Mobile Estates**

**310-345-8915**

20550 Earl St.  
Torrance, CA 90503

Mobile home park accepting Section 8. Also see Housing, Non-Subsidized category.

### **Stearns Trailer Lodge**

**310-329-1674**

1900 Artesia Blvd.  
Torrance, CA 90504

Trailer park accepting Section 8.

### **Telacu Senior Housing**

**310-675-8288**

13000 Doty Ave.  
Hawthorne, CA 90250

Section 8 building administered by management. Vouchers not accepted. 75 one-bedroom and studio units, 62 years and older/ or disabled.

### **The Gateway**

**310-522-4343**

720 E. Carson St.  
Carson, CA 90745

100% tax credit with 86 one -bedroom units for seniors 55 yr. and older.

### **Torrance Housing Office**

**310-618-5840**

Torrance City Hall  
3031 Torrance Blvd.  
Torrance, CA 90503

M-F, 7:30-9 am  
2-5:30 pm

For recorded information on Torrance housing, call 310-618-2713. To qualify for Section 8 Rental Assistance, the gross income limits by family size are as follows: 1 person \$29,000, 2 persons \$33,150, 3 persons \$37,300 and 4 persons \$41,400.



## HOUSING, SUBSIDIZED

### **Villagio Apartments**

**310-847-7737**

555 E. Carson St.  
Carson, CA 90745

M-F, 8:30-5

Accepts L.A. County Vouchers only. 12 one-bedroom and 12 two-bedroom units for 55 years and older, and 2 two-bedroom units for disabled.

### **Vista Lee Rosa**

**310-326-2733**

1001 Pacific Coast Highway  
Harbor City, CA 90710

Section 8 building for 62 years and older. 12 studios and 87 one-bedroom. Accepts disabled 18 years and older. Applications available once a month. Call for further information and appointments are necessary.

## IDENTIFICATION

### **Alzheimer's Association**

**323-938-3379**

4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90010

M-F, 8:30-5

Provides identification products such as engraved identification bracelet or necklace, iron-on clothing labels, etc. Requires enrollment in "Medic Alert +Safe Return" program. Also see Alzheimer's and Health Organizations.  
Website: [www.alzla.org/socal](http://www.alzla.org/socal)

### **American Medical ID**

**800-363-5985**

949 Wakefield, Suite 100  
Houston, TX 77018

M-F, 8-5 CST

Offers quality medical ID jewelry that is personalized and custom engraved. Provides a medical ID online medical registry as a personal health file that includes medical conditions, emergency contact information, doctors' names, insurance information and other documents. Also see Hotline-Non Urgent category.  
Website: [www.americanmedical-id.com](http://www.americanmedical-id.com)

### **Bodyguard I.D. Tags, LLC**

**800-383-7790**

4450 Black Horse Place  
Mays Landing, NJ 08330

M-F, 9-5:30 ET

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Spanish spoken. Also see Hotline-Non-Urgent category.  
Website: [www.medicalidtags.com](http://www.medicalidtags.com)

### **Medic Alert Foundation**

**888-633-4298**

2323 Colorado Ave.  
Turlock, CA 95382

M-F, 6 am-5 pm  
Sat, 8-5

Engraved jewelry identifying medical condition with emergency help 24 hours/day. Provides identification for Alzheimer's patients. Call for brochure. Also see Hotline-Non-Urgent category.  
Website: [www.medicalert.org](http://www.medicalert.org)

## IDENTIFICATION

### **Motor Vehicles, Department of, (DMV)**

**800-777-0133**

1785 W. 220th St.  
Torrance, CA 90501

M, T, Th, F, 8-5  
Wed 9-5

Identification cards, licensing of drivers and vehicles. To schedule a non-drive test appointment and renew vehicle registration call 800-777-0133.

Website: **[www.dmv.ca.gov](http://www.dmv.ca.gov)**

## **IN-HOME SERVICES**

### **DISCLAIMER**

**The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.**

#### **24 Hr HomeCare**

**310-375-5353**

3812 Sepulveda Blvd., Ste. 240  
Torrance, CA 90505

24 hrs.

A community-based home care company providing personal care assistance, meal preparation, homemaking assistance, medication reminders, transportation and errands, protective supervision at a hospital or assisted living/nursing facility, and an emergency response system. All caregivers are bonded, insured, with DMV and criminal background checks, and are covered by Worker's Compensation Insurance. No hourly minimum. Services L.A. and Orange counties. Languages spoken: Spanish, Tagalog, Farsi, Armenian, Laotian, Russian, Chinese, Swedish, Korean and Dutch. Member of American Board of Home Care.  
Website: [www.24hrcares.com](http://www.24hrcares.com)

#### **Accessible Health Care of the L.A. Coast**

**310-543-3211**

21707 Hawthorne Blvd., Suite 106  
Torrance, CA 90503

24 hrs.

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminder and, above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets. Works with veteran's organizations to obtain additional benefits to which one may be entitled. Spanish spoken. Geographic area served: El Segundo to Long Beach. Also see Case Management category.  
Website: [www.accessiblelacoast.com](http://www.accessiblelacoast.com)

## IN-HOME SERVICES

### **Adia**

**310-370-0555**

**866-686-3674**

3625 Del Amo Blvd., Suite 390  
Torrance, CA 90503

24 hrs.

Provides companionship, transportation, meal preparation, light housekeeping, medication reminders and computer assistance. Caregiving for those with Alzheimer's, Parkinson's, sight impairments, cancer, strokes and other chronic illnesses. Requires 3-hour minimum, ranges from short-term care to 24/7 or live-ins. Insured, licensed, bonded and accepts Workman's Compensation. Languages spoken: Chinese, Japanese, Korean, Italian, French, and Spanish.

Website: [www.adiacares.com](http://www.adiacares.com)

### **All About Loving Care**

**310-301-0009**

5556 S. Centinela Ave., #9  
Los Angeles, CA 90066

24 hrs.

A staff of home health aids and CNA's providing non-medical home care for seniors and those in need of assistance with activities of daily living, personal care, companionship, help with meals, shopping, provides transportation to doctor's office, housekeeping and other simple pleasures of life that they are unable to handle on their own. Offers 24 hr. care, live-in, hospice, respite care and baths. No hourly minimum. Services South Bay and greater Los Angeles. Languages spoken are Spanish, Tagalog, Farsi, Japanese and Russian.

Website: [www.allaboutlovingcare.us](http://www.allaboutlovingcare.us)

### **ALLPOINT Home Health**

**310-441-2009**

11340 Olympic Blvd., Suite 220  
Los Angeles, CA 90064

M-F, 8-6

Provides medical and non-medical in-home care from 4-24 hours. Staff includes nurses; physical, occupational and speech therapists; medical social workers, dieticians, certified home health aides, and in-home companions. Areas served include South Bay, San Gabriel and San Fernando. Languages spoken: Portuguese, Tagalog, Spanish and Filipino.

Website: [www.allpointhomehealth.com](http://www.allpointhomehealth.com)

## IN-HOME SERVICES

### **Always Best Care**

**310-346-2005**

21250 Hawthorne Blvd., #500  
Torrance, CA 90503

24/7

Specializes in non-medical care and helping seniors who wish to remain in their home, but need some assistance. Services include companionship, personal care and mobility assistance, meal preparation, light housekeeping, medication reminders, transportation and errands. Caregivers are bonded, insured, DMV and criminal background checks, and covered under Worker's Comp insurance. Provides care for those with Alzheimer's, Parkinson's, stroke and other chronic illnesses. Care available 24 hrs/day, 7 days/week with a 4 hr. minimum. Service area is the greater South Bay area. Offers assisted living placement services for seniors unable to remain at home.  
Website: [www.southbayseniorservices.com](http://www.southbayseniorservices.com)

### **Always Right Home Care**

**310-316-8343**

3838 Carson St., Suite 314  
Torrance, CA 90503

M-F, 8-5

Provides CNA's, certified home health aides, companion services, light housekeeping, shopping, respite care, and transportation to a doctor's office from 4-24 hours, 7 days a week. Employees are covered by Workers Compensation, bonded and insured. Quality care at affordable rates. Serves Los Angeles, South Bay, San Fernando and San Gabriel Valley.  
Website: [www.alwaysrighthomecare.com](http://www.alwaysrighthomecare.com)

### **At Home With Care**

**310-798-2700**

806 Manhattan Beach Blvd., #206  
Manhattan Beach, CA 90266

M-F, 9-5

Assistance provided with no hourly/weekly minimum required. Available 24/7 to assist with personal care (bathing, grooming, dressing and incontinence), meal preparation, light housekeeping, transportation for doctor appointments, errands, medication reminders and companionship. Caregivers are Certified Nurse Assistants (CNA's) or companions who are experienced, reliable, thoroughly background checked (reference, DMV, criminal history) and drug/alcohol tested. Licensed, insured, bonded and covered by Worker's Compensation. Care Management services also available. Bilingual-English, Spanish.  
Website: [www.athomewithcare.com](http://www.athomewithcare.com)

## IN-HOME SERVICES

### **Attentive Home Care**

**323-260-7721**

**800-731-0071**

21250 Hawthorne Blvd., Suite 500  
Torrance, CA 90503

24/7

Staff of companions, CNA's, certified home health aides providing assistance with daily activities, exercise, mobility, errands, transportation, bathing, dressing, meal preparation, incontinence care and light housekeeping. Experienced with post-op recuperation, respite, hospice care, dementia, stroke and ALS. Geriatric case manager providing initial care consultation, care planning, senior advocacy and crisis management at no extra cost. Bonded, insured and member of the American Board of Home Care. Serving the South Bay, Orange, Los Angeles and San Diego. Also see Case Management category.  
Website: [www.attentivehomecare.com](http://www.attentivehomecare.com)

### **Cambrian Homecare**

**877-422-2270**

5199 E. Pacific Coast Hwy., Suite 100  
Long Beach, CA 90804

24 hrs.

Experienced, insured, licensed, bonded, screened caregivers and independent living aides providing customized non-medical in-home services including personal care, light housekeeping, companionship, meal preparation, medication reminders, and travel assistance. No minimum hours required. Have "Rise and Shine" and "Tuck-in" short visits. Veteran benefits and Long Term Care insurance processing and maintenance. Complimentary in-home assessments by a Case Manager to assure needs are met. Serves the South Bay and surrounding communities since 1996.  
Website: [www.cambrianhomecare.com](http://www.cambrianhomecare.com)

### **Charlie's Barber Shop**

**310-618-0529**

1919 W. Carson St.  
Torrance, CA 90501

T, W, Th, F, 7-5  
Sat, 6:30-4

Haircuts for shut-ins on Mondays, 8-4. Serves South Bay. Call for appointment. Will do some nursing home haircuts on Monday afternoons.

## IN-HOME SERVICES

### **ComForcare Senior Services**

**424-233-0702**

**888-253-2114**

24 hrs.

370 Amapola, Suite 209  
Torrance, CA 90501

Reliable care when and where needed to help seniors continue to live independently in their homes whether single family units, apartments, or retirement communities. Provides assistance with non-medical in-home or community, providing 1:1 personal care, companionship, transportation, light housekeeping, meal preparation, laundry or any other services needed to remain independent. In-house compassionate and quality caregivers who are fully insured and bonded. Care available for people of all ages. Certified by the California Association for Health Services at Home. Accepts private pay, long-term care insurance, employee assistance programs and Veterans benefits. Serving the South Bay and contiguous 20 miles. Languages spoken: Puerto Rican, Spanish, Vietnamese, and Russian.

Website: [www.comfortcare.com](http://www.comfortcare.com)

### **Comfort Keepers**

**310-325-6500**

25124 Narbonne Ave., Suite 102  
Lomita, CA 90717

24/7

Provides meal preparation, light housekeeping, errand services, transportation, grooming and dressing guidance, laundry services, emergency monitoring systems, 24-hr. live-in care, bathing, mobility, toileting, feeding, special diet and meal preparations. Serves South Bay area. Member of American Board of Home Care.

Website: [www.comfortkeepers.com](http://www.comfortkeepers.com)

### **Dynamic Nursing and Home Care Services**

**562-206-2800**

3815 Atlantic Ave., Suite 6  
Long Beach, CA 90807

M-F, 9-5

Provides skilled nursing, certified nurses aides, physical, occupational and speech therapies. Homemaker services include companion and personal care, meal preparation and light housekeeping. Requires 4 hr. minimum. Medicare/MediCal certified; accepts all insurance companies. Spanish and Tagalog spoken. Services LA County.

Website: [www.dynamicnursing.com](http://www.dynamicnursing.com)



## IN-HOME SERVICES

### **Elderbuds**

**310-739-5241**

1878 S. Pacific Coast Highway  
Redondo Beach, CA 90277

24/7

Compassionate non-medical in-home care. All caregivers are background screened, insured, bonded, and covered by Workers Compensation Insurance. Offering meal preparation, light housekeeping, medicine reminder, transportation both in home and additional support at facilities. Two-hour minimum through 24 hour care. Services South Bay, Westchester south to Palos Verdes.

Website: [www.elderbuds.com](http://www.elderbuds.com)

### **Greater South Bay Home Health, Inc.**

**310-329-4835**

680 Knox St., Suite 125  
Torrance, CA 90502

M-F, 9-5:30

Provides skilled nursing, home health aides, companion services, case management, physical, occupational, and speech therapies, and medical social worker. Tele-health monitoring for Medicare patients, Medi-Cal certified and accepts Workers Compensation, private insurance, veterans benefits, and self-pay. Spanish also spoken. Also see Case Management category.

Website: [www.gsbhh.com](http://www.gsbhh.com)

### **Hair Is Us**

**310-378-3327**

4172 Pacific Coast Highway, #105  
Torrance, CA 90505

Provides in-home beauty services, cuts on Mondays - Friday, 10-2.  
Call for appointment.

## **IN-HOME SERVICES**

### **Home Helpers**

**310-316-3568**

3820 Del Amo Blvd., Suite 236  
Torrance, CA 90503

M-F, 9-5

Provides personalized care, companionship, assistance with meals, light housekeeping, transportation, and errand services tailored to meet personal requirements. Specializes in taking care of the elderly and people recovering from illness, those with AIDS, and hospice. Licensed and bonded with a 4-hour minimum. Languages spoken: Spanish and some Tagalog.

Website: [www.homecaretorrance.com](http://www.homecaretorrance.com)

### **Home Improvement Program – Torrance**

**310-618-2731**

3031 Torrance Blvd.  
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Hotline Non-urgent category.

Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

### **Home Instead Senior Care**

**310-542-0563**

**After-hours 310-408-9905**

3825 Del Amo Blvd., Suite 104  
Torrance, CA 90503

M-F, 8-5

Providing companionship, meal preparation, light housekeeping, laundry, assistance with bathing and personal care, caregivers for hospice individuals, errands and incidental transportation from 3-24 hours, 7 days a week. Caregivers receive extensive training including caring for persons with Alzheimer's. Quality assurance program in place. Accepts long-term care insurance policies. Serving the South Bay and Marina del Rey areas. Bonded and insured.

Website: [www.homeinstead.com/286](http://www.homeinstead.com/286)

## IN-HOME SERVICES

### **Homewatch CareGivers**

**866-608-9500**

M-F, 8-5  
Phone service 24/7

Specializing in dementia, Alzheimer, and Parkinson's clients and provides companion services such as meal planning and preparation, housekeeping, laundry, errands, transportation to doctors' appointments, discharge assistance, transportation, and medication reminders. Personal care includes bathing, dressing assistance, incontinence care and checking vital signs from 3-24 hours, 7 days a week. Background check on employees. Caregivers are employees of the agency and trained, bonded, and insured. Services the South Bay. Spanish spoken.  
Website: [www.homewatchcaregivers.com](http://www.homewatchcaregivers.com)

### **Love Inc.**

**310-831-5683**

P.O. Box 6442  
San Pedro, CA 90734-6442

M, 9-12 noon  
T-F, 9-5

Shopping for homebound, long-term food assistance programs, auto and appliance repair, tutoring, yard work, companionship, and counseling. Resource referrals. Also see Emergency Shelter/Food Programs, Employment, Finances and Meals and Nutrition categories.  
Website: [www.loveincsb.org](http://www.loveincsb.org)

### **Oxford Health Care**

**562-432-6400**

280 Atlantic Ave.  
Long Beach, CA 90802

M-F, 8-6

Providing home health services to the adult population since 1967. Services provided by RN's, LVN's, physical therapists, skilled caregivers, Certified Nurse Aid, Personal Care Attendant and live-ins. Veterans Aid and Attendance program for in-home companion services. Veterans must have served 90 days or more on active duty during the war and their spouses for non-service related conditions if they meet income and asset requirements ([info@oxfordservices.com](mailto:info@oxfordservices.com)). Medicare certified and accepts most insurance plans. Oxford HealthCare are members of the American Board of Home Care and the California Association for Health Services at Home. Serves the South Bay, Los Angeles and Orange Counties. Also see Case Management category.  
Website: [www.oxfordhealthcare.net](http://www.oxfordhealthcare.net)

## IN-HOME SERVICES

### **Physicians Choice**

**310-793-1616**

3220 Sepulveda Blvd., Suite 100  
Torrance, CA 90505

M-F, 9-5

Home health care services providing case management, companion care, skilled nursing, private duty, medical social services, home based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal, insurance and private pay patients. Spanish, Japanese, Chinese, and Korean spoken. Also see Case Management category.  
Website: [www.pchomehealth.com](http://www.pchomehealth.com)

### **Providence Little Company of Mary-Home Health**

**310-370-5895**

3551 Voyager St., Suite 201  
Torrance, CA 90503

M-Sun, 8-5

Doctor referral only for intermittent care by RN and LVN nurses. Provides case management, physical, occupational, speech therapies, medical social workers, home health aides and RN's specializing in psychiatry. Accepts Medicare, Medi-Cal through hospital only, and private insurance. Spanish also spoken.  
Website: [california.providence.org/torrance/pages/homesvcs.aspx](http://california.providence.org/torrance/pages/homesvcs.aspx)

### **ResCare HomeCare**

**800-697-2292**

4501 E. Carson St., Suite 201  
Long Beach, CA 90808

24/7

Provides older and disabled adults with supportive services to help manage the everyday tasks and challenges of aging in place. Custodial, non-skilled care service includes hourly and live in home care, personal care, homemaking, transportation, respite care, medication set up, care management, and a personal emergency response system. Geographic areas served are Long Beach, Torrance, South Bay, beach cities, and Whittier. Languages spoken are Spanish and Tagalog. ResCare is a CAHSAH certified agency.  
Website: [www.rescarehomecare.com](http://www.rescarehomecare.com)

## **IN-HOME SERVICES**

### **Right at Home**

**310-574-2234**

18051 Crenshaw Blvd., Suite 1  
Torrance, CA 90504

24/7

In-home caregiving offering companionship, help with every day tasks that have been challenging, such as meal preparation, laundry, housekeeping, hygiene and grooming. Offers services with those special care situations caused by conditions such as Alzheimer and Parkinson's. Gives educational presentations and large print books for those that would benefit. Serves the entire South Bay.

Website: [www.rahlasb.com](http://www.rahlasb.com)

### **South Bay Senior Services**

**310-325-2141**

15519 Crenshaw Blvd.  
Gardena, CA 90249

M-F, 8:30-5

Case management linking frail seniors to services that will help them remain in their home. Non-profit professional attendant registry. Makes referrals of qualified workers who do light housekeeping, companion care, cooking, and other support services for seniors. Provides information and referrals for South Bay seniors. Also see Advocacy and Case Management categories.

Website; [www.bhs-inc.org](http://www.bhs-inc.org)

### **Torrance Home Improvement Program**

**310-618-2731**

3031 Torrance Blvd.  
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Hotline Non-urgent category.

Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

## IN-HOME SERVICES

### **Torrance Memorial Home Health and Hospice**

**310-784-3739**

3330 Lomita Blvd., Bldg. #1 South  
Torrance, CA 90505

M-F, 8-5

Case management coordinating service of RN's, therapists, home health aids, and hospital discharge planners. Special programs include Oncology and Cardiac Care, Wound and Burn Care, and Intravenous Program. Medicare accepted. **By referral only.** Also see Hospice category.

Website: [www.caring.com](http://www.caring.com)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Case-management, information and referrals, bilingual. Serves Westside and South Bay. Sliding scale based on ability to pay. Also see Advocacy, Case Management, Disabilities, Employment and Social Security categories.

Website: [www.wcil.org](http://www.wcil.org)

# INSURANCE

## **ADVANTAGE Program**

**310-517-4666**

Torrance Memorial Medical Center  
3330 Lomita Blvd.  
Torrance, CA 90505

M-F, 8:30-5

Free network of health-related resources and services for people 50 years and over. Free Medicare insurance consultation with a trained HICAP volunteers to assist with questions related to Medicare, Medicare supplement plans, Medicare HMO's, or prescription drug plan selection. Also see Discounts, Education and Health Service categories.

Website: [www.torrancememorial.org/programs/advantage](http://www.torrancememorial.org/programs/advantage)

## **California Department of Insurance**

**800-927-4357**

300 S. Spring St., South Tower  
Los Angeles, CA 90013

M-F, 8-5

Consumer hot-line providing brochures on all types of insurance for reporting fraud and injustice. Also see Complaints category.

Website: [www.insurance.ca.gov](http://www.insurance.ca.gov)

## **HICAP (Health Insurance Counseling)**

**800-824-0780**

Center for Health Care Rights  
520 Lafayette Park Pl., #214  
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1pm. Must call for appointment: 310-517-4666.

Also see Advocacy, Complaints, Health Services and Legal categories.

Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

# INSURANCE

## **HMO's – Medicare (LA County)**

Aetna Golden Medicare	800-832-2640
Anthem Blue Cross	888-211-9813
Blue Shield 65+	800-776-4466
Care More Heart	888-494-8280
Care 1 <sup>st</sup> Health Plan	800-544-0088
Health Net Medicare Programs	800-275-4737
Kaiser Permanente Senior Advantage	800-777-1238
SCAN Health Plan for Seniors	800-559-3500
United Health Care-Secure Horizons	800-357-0978

## **Medi-Cal Information**

**877-481-1044**

M-F, 8-5

A state and federally funded program providing health insurance to low-income individuals who meet eligibility requirements. Operated by the Department of Public Social Services. Also see Hotline-Non Urgent category.

Website: [www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

## **Medicare Rights Center Appeals Hotline**

**888-466-9050**

Website: [www.medicareinteractive.org](http://www.medicareinteractive.org)

M-F, 10-3  
ET

## **Medicare Information**

**800-633-4227**

**24 hours**

General Medicare information including: enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, and health plan choices. Also see Insurance category. Also see Hotline Non-Urgent category.

Website: [www.medicare.gov](http://www.medicare.gov)



# INSURANCE

## **Medigap Insurance, AARP**

**800-523-5800**

Provides AARP products such as travel insurance, pharmacy information on drug benefits, Medicare Part D.

Website: [www.aarp.org](http://www.aarp.org)

## **Pre-Existing Condition Insurance Program**

**877-428-5060**

M-F, 8-8

Sat, 8-5

Provides assistance to persons having a pre-existing conditions and no health insurance. May qualify for the Pre-Existing Condition Insurance Plan (PUC). Qualifications: must live in California, a US citizen or living in US legally, have had no health insurance for at least the last six months, and have a pre-existing condition. To request application call 877-428-5060. The program will last until 12/30/13. In 2014, under the law, health plans cannot turn anyone away if there is a health condition.

Website: [www.pcip.ca.gov](http://www.pcip.ca.gov)

## LEGAL

### **American Civil Liberties Union**

**213-977-9500**

**Ext. 253**

**M-F, 9-5**

1313 West 8<sup>th</sup> St..  
Los Angeles, CA 90017

Information and handles cases involving civil rights and liberties. Listen to messages for contact instructions. For legal intake call 213-977-5253.

Website: [www.aclu-sc.org](http://www.aclu-sc.org)

### **Bartlett Senior Citizens Center**

**310-320-5918**

1318 Cravens Ave.  
Torrance, CA 90501

**M-S, 8-4**

**Sun, 12:30-4**

Free legal advice available at the Bartlett on the third Tuesday of each month at 2 pm. On the first Tuesday of each month are phone consultations. Call for appointment. Bring all paperwork regarding issue being discussed. Also see Meals and Nutrition and Senior Centers categories.

Website: [www.torranceca.gov](http://www.torranceca.gov) (community services)

### **Bet-Tzedek Legal Services**

**323-939-0506**

3250 Wilshire Blvd., Floor 13  
Los Angeles, CA 90010

**M-F, 9-5**

**Appointment only**

Legal team visits and assists needy people age 60 yr. and older, regardless of race or religion and who reside in L.A. County. Appointments only at the following Senior Centers:

Gardena, 310-217-9552

Hawthorne, 310-349-1650

Wilmington, 310-518-4533

Website: [www.bettzedek.org](http://www.bettzedek.org)

## LEGAL

### **Bureau of Citizenship and Immigration Service (USCIS)**

**800-375-5283**

300 N. Los Angeles St.  
Los Angeles, CA 90012

M-F, 8-8

Assists with immigration problems including residency, obtaining U.S. citizenship or naturalization. No walk-ins accepted, and must have an appointment. To request forms call 800-870-3676 or download from website. In order to make an appointment, "Info Pass" must be obtained on the web site. Division of Homeland Security.

Website: [www.uscis.gov](http://www.uscis.gov)

### **California Advocates for Nursing Home Reform**

**800-474-1116**

650 Harrison St., 2nd floor  
San Francisco, CA 94107

M-F, 9-5

Legal referrals for residents, rights violations, Medi-Cal, conservator ships, estate planning, wills, trusts, and durable power of attorney.

Website: [www.canhr.org](http://www.canhr.org)

### **California State Bar Attorney Complaint Line**

**213-765-1000**

1149 S. Hill St.  
Los Angeles, CA 90015

M-F, 8:45-5

File a complaint or discuss a pending complaint. Attorney hotline: 800-843-9053. View a list of attorneys licensed to practice in the State. All information and services can be accessed on the website.

Web site: [www.calbar.ca.gov](http://www.calbar.ca.gov)

### **Cancer Legal Resource Center**

**213-736-1455**

**866-843-2572**

800 S. Figueroa St., #1120  
Los Angeles, CA 90017

M-F, 9-5

Cancer Legal Resource Center is a joint program of the Disability Rights Legal Center and Loyola Law School. Provides free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer.

Website: [www.cancerlegalresourcecenter.org](http://www.cancerlegalresourcecenter.org)

## LEGAL

### **Center for Civic Mediation**

**213-896-6533**  
**877-473-7658**

1055 W. 7<sup>th</sup> St., Suite 2700  
Los Angeles, CA 90017

M-F, 9-5

Low or no cost mediation services. Helps with landlord-tenant, employer-employee, neighbor-to-neighbor, family, divorce, and consumer-merchant disputes. Elder care issues call 888-922-1322, an alternative to court action.

Website: [www.centerforcivicmediation.org](http://www.centerforcivicmediation.org)

### **Consumer Affairs - L.A. County**

**310-325-1035**

24340 S. Narbonne Ave.  
Lomita, CA 90717

T, Th, 8:30-12,  
1-4:30

Assists with landlord, tenant rights and consumer complaints. For urgent calls: 800-593-8222. Assistance with a small claims application at the South Bay County Courthouse, 825 Maple, Torrance, Thursday, 8:30-4:30. See also Advocacy and Complaints categories.

Website: [www.dca.lacounty.gov](http://www.dca.lacounty.gov)

### **Disability Rights-California**

**800-776-5746**  
**213-213-8000**

Los Angeles Legal Office  
350 S. Bixel St., Suite 290  
Los Angeles, CA 90017

M-F, 9-5

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights. Also see Advocacy and Disabilities categories.

Website: [www.disablilityrightsCA.org](http://www.disablilityrightsCA.org)

## LEGAL

### **Disability Rights Legal Center**

**213-736-1334**

**866-999-8952**

Loyola Law School Public Interest Law  
800 S. Figueroa St., Suite 1120  
Los Angeles, CA 90017

The Disability Rights Legal Center (formerly the Western Law Center for Disability Rights) provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, and mediation of disputes involving disability issues. Also provides free information and resources on cancer-related legal issues. Lawyer referral service is available. Spanish also spoken. Also see Advocacy and Disabilities categories.

Website: [www.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

### **Eviction Defense Hotline**

**562-435-3501**

Operated by the Legal Aid Foundation, this housing/eviction defense office helps low-income tenants stay in their homes if they are being unfairly evicted. Languages spoken are English, Spanish, Chinese, Taiwanese, Korean, Russian, and Japanese. Also see Hotline-Urgent category.

Website: [www.evictiondefensenetwork.org](http://www.evictiondefensenetwork.org)

### **H.E.L.P.**

**310-533-1996**

1404 Cravens Ave.  
Torrance, CA 90501

M-F, 9-5

Non-profit education and counseling center that provides impartial information to older adults and their families on a number of issues involving eldercare, law and finance.

Website: [www.help4srs.org](http://www.help4srs.org)

## LEGAL

### **HICAP (Health Insurance Counseling)**

**800-824-0780**

Center for Health Care Rights  
520 Lafayette Park Pl., #214  
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1pm. Must call for appointment: 310-517-4666. Also see Advocacy, Complaints, Health Services and Insurance categories. Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

### **Immigration Legal Assistance Project**

**213-485-1873**

300 N. Los Angeles St., Rm. 3107  
Los Angeles, CA 90012

M-F, 8-12, 1-3

Fee-based service for assistance with immigration issues.

### **L.A. County Consumer Affairs**

**310-325-1035**

24340 S. Narbonne Ave.  
Lomita, CA 90717

T, Th, 8:30-12,  
1-4:30

Assists with landlord, tenant rights and consumer complaints. For urgent calls: 800-593-8222. Assistance with a small claims application at the South Bay County Courthouse, 825 Maple, Torrance, Thursday, 8:30-4:30. See also Advocacy and Complaints categories. Website: [www.dca.lacounty.gov](http://www.dca.lacounty.gov)

## LEGAL

### **Legal Aid Foundation of L.A.**

**800-399-4529**

**323-801-7989**

**M-F, 9-1, 2-5**

1102 S. Crenshaw Blvd.  
Los Angeles, CA 90019

Free legal services in civil law for low-income clients in LA County. Housing/eviction defense office helps low-income tenants stay in their homes when they are being evicted unfairly. Eviction Defense Hotline: 213-487-7609. Appointment required.  
Website: [www.lafla.org](http://www.lafla.org)

### **Legal Aid Foundation of L.A.**

**562-435-3501**

Long Beach Office  
601 Pacific Ave.  
Long Beach, CA 90802

**M-F, 9-5**

Assist low-income individuals who have trouble obtaining or are denied government benefits. Can also assist with housing/eviction defense, family law/domestic violence, and immigration issues.  
Website: [www.lafla.org](http://www.lafla.org)

### **Legal Aid Foundation of L.A.**

**No Phone**

Self Help Legal Access Centers  
Torrance Court House  
825 Maple Ave., Room 160  
Torrance, CA 90503

**M-Th., 9-12, 1:30-4  
F, 9-noon**

A walk-in clinic offering individuals who are representing themselves, legal information, assistance in preparing legal forms, guidance on a variety of civil matters including evictions, divorces, and harassment. Referral to private attorney or legal services is provided as needed.  
Website: [www.lafla.org](http://www.lafla.org)

## LEGAL

### **Los Angeles Caregiver Resource Center**

**800-540-4442**

**213-821-7777**

M-F, 8:30-5

3715 McClintock Ave.  
Los Angeles, CA 90089

Offers legal and financial consultation to families of people with adult-onset brain impairment. Also see Advocacy and Alzheimer's categories.  
Website: [www.la4seniors.com](http://www.la4seniors.com)

### **National Organization of Veterans' Advocates**

**877-483-8238**

1425 K St. NW, Suite 350  
Washington, D.C. 20005

A non-profit group maintains an excellent directory of lawyers who practice veterans law. The easy-to-navigate directory is organized by state. Also see Veterans category.  
Website: [www.vetaadvocates.com](http://www.vetaadvocates.com)

### **Public Counsel**

**800-870-8090**

**213-385-2977**

610 S. Ardmore Ave.  
Los Angeles, CA 90005

M-F, 9-12:30,  
1:30-5:15

A law firm specializing in delivering a wide variety of pro bono legal services to low-income individuals and non-profits. Areas of assistance include government benefits, homelessness prevention, affordable housing advocacy, immigrants' rights, impact litigation, and legal representation for veterans. Does not handle criminal law matters or matters relating to personal injury, divorce or child custody. Free bankruptcy help through "Debtors Assistance Project", extension 704 on Mon. and Wed 10-12, 2-4 pm. Appointment required and no walk-ins accepted.  
Website: [www.publiccounsel.org](http://www.publiccounsel.org)



## LEGAL

### **Redondo Beach Senior and Family Services**

**310-318-0650**

Senior Legal Aid Program  
1922 Artesia Blvd.  
Redondo Beach, CA 90278

M-F, 7:30-5:30

Free 15-minute appointment one time each month for legal matters. Must be an older adult or disabled. Appointment necessary. Also see Meals/Nutrition and Senior Center categories.

Website: [www.redondo.org/senior](http://www.redondo.org/senior)

### **South Bay Bar Assn. Attorney Referral Service**

**310-325-4200**

M-F, 9-5

Referrals to local attorneys, either by phone or e-referral form. Do listen to the long recording.

Website: [www.southbaybar.org](http://www.southbaybar.org) (see: lawyer referral service)

### **South Bay Center for Dispute Resolution**

**310-376-7007**

1015 4th Street  
Hermosa Beach, CA 90254

Offers a variety of alternative dispute resolution services using conciliation and mediation. Conflict resolution techniques are used to prevent, manage, settle and resolve disputes. Types of disputes include neighbors, landlord/tenants, business, consumer, domestic, homeowners associations and workplace. Serves South Bay (Redondo Beach, Manhattan Beach, Hermosa Beach, Hawthorne) and free to Torrance residents.

Website: [www.sbcdr.net](http://www.sbcdr.net)

### **State Bar of California**

**800-843-9053**

1149 S. Hill St.  
Los Angeles, CA 90015

Takes complaints only. Also see Complaints category.

Website: [www.calbar.ca.gov](http://www.calbar.ca.gov)

## LEGAL

### **United States Bankruptcy Court**

**213-894-3118**

Edward Roybal Federal Bldg. and Court House  
255 E. Temple St., Room 940  
Los Angeles, CA 90012

M-F, 9-4

Online information about bankruptcy.  
Website: [www.cacb.uscourts.gov](http://www.cacb.uscourts.gov)

### **Wilmington Multipurpose Senior Center**

**310-518-4533**

1371 N. Eubank Ave.  
Wilmington, CA 90744

M-F, 8-4:30

Free legal consultation every 2-3 months. Appointment necessary. Also see Case Management, Meals and Nutrition, Senior Centers and Transportation categories.  
Website: [www.laparks.org/dos/senior/facility/wilmingtonscc.htm](http://www.laparks.org/dos/senior/facility/wilmingtonscc.htm)

## LEGISLATION

### **Al Muratsuchi, Assembly Member 66<sup>th</sup> District**

**310-316-2164**

3460 Torrance Blvd., #306  
Torrance, CA 90503

M-F, 9-5

Represents: Manhattan, Hermosa and Redondo Beaches, Alondra Park, Gardena, Torrance, West Carson, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes, Rolling Hills, El Camino Village and Harbor City. Sacramento address: State capitol, P.O. Box 942849, Sacramento, CA 94249. Term Expires December 2014. Website: [www.asmdc.org/members/a66](http://www.asmdc.org/members/a66)

### **Barbara Boxer, US Senator, California**

**213-894-5000**

312 N. Spring St., Suite 1748  
Los Angeles, CA 90012

M-F, 8-5:30

Represents statewide. Washington address: 112 Hart Senate Office Building, Washington, D.C. 20510. Phone: 202-224-3553. Term expires January 2017. Website: [www.boxer.senate.gov](http://www.boxer.senate.gov)

### **Bonnie Lowenthal, Assembly Member 70<sup>th</sup> District**

**562-495-2915**

110 Pine Ave., #804  
Long Beach, CA 90802

M-F, 9-5

Represents: Avalon, Long Beach, Los Angeles, Signal Hill and San Pedro. Sacramento address: State Capitol, P.O. Box 942849, Sacramento, CA 94249. Term expires December 2014. Website: [www.asmdc.org/members/a70](http://www.asmdc.org/members/a70)

### **California Senior Legislature**

**310-316-1013**

530 Ave G, #15.  
Redondo Beach, CA 90277

Julia Rosenberg works with the regular elected legislature and represents older Californians in Los Angeles County to preserve and enhance their quality of life. E-mail: [jrosenberg@roadrunner.com](mailto:jrosenberg@roadrunner.com)

# LEGISLATION

## **Congress of California Seniors**

**800-543-3352**

**213-626-1903**

T, Thu, 8-noon

Angeles Plaza  
255 S. Hill St, Suite 327  
Los Angeles, CA 90012

An education and advocacy organization devoting efforts to legislative and consumer affairs that affect older adults. Also education in cases of financial abuse of senior citizens. Additionally through Cal Senior Centers an extensive listing of senior centers throughout California. Sacramento address: 1230 N Street, Sacramento, CA 95814. Also see Advocacy category.

Website: [www.seniors.org](http://www.seniors.org)

## **Diane Feinstein, US Senator, California**

**310-914-7300**

11111 Santa Monica Blvd., Suite 915  
Los Angeles, CA 90025

M-F, 9-5

Represents statewide. Washington address: 331 Hart Senate Office Building, Washington, D.C. 20510-0504. Phone: 202-224-3841. Term expires January 2019.  
Website: [www.feinstein.senate.gov](http://www.feinstein.senate.gov)

## **Don Knabe, County Supervisor 4th District**

**213-974-4444**

822 Hall of Administration  
500 W. Temple St.  
Los Angeles, CA 90012

Represents El Segundo, Redondo, Hermosa and Manhattan beaches, Torrance and Lomita. Steve Napolitano is the local representative. Torrance office: 310-222-3015. County Court House, 825 Maple, Room 150, Torrance, CA, 90503. Fax: 310-320-4058. Hours, M-F, 8-4:30. Term expires December 2016.  
Website: [www.knabe.com](http://www.knabe.com)

## LEGISLATION

**Henry Waxman, U.S. Congressman 33<sup>rd</sup> District**

**310-321-7664**

1600 Rosecrans Ave., 4<sup>th</sup> floor  
Manhattan Beach, CA 90266

M-F, 9-5

Represents: El Segundo, Manhattan, Hermosa and Redondo Beaches, Torrance (West of Hawthorne Blvd.), Palos Verdes Estates, Rolling Hills, Rolling Hills Estates and Rancho Palos Verdes. Washington address: 2204 Rayburn House Office Building, Washington DC 20515. Term expires January 2015.

Website: [www.waxman.house.gov](http://www.waxman.house.gov)

**Isadore Hall III, Assembly Member 64<sup>th</sup> District**

**310-223-1201**

2200 Artesia Blvd., #210  
Compton, CA 90220

M-F, 9-5

Represents: Harbor City, Carson, West Compton, Harbor Gateway, Willowbrook and Wilmington. Sacramento address: State Capitol, P.O. Box 942849, Sacramento, CA 94249. Term expires December 2014.

Website: [www.asmdc.org/members/a64](http://www.asmdc.org/members/a64)

**Janice Hahn, Congressperson 36th District**

**310-831-1799**

140 W. 6<sup>th</sup> St.  
San Pedro, CA 90731

M-F, 8:30-5:30

Represents Rancho Dominguez, Compton, Carson, San Pedro and Wilmington. Washington address: 404 Cannon House Office Bldg., Washington, DC 20515. Toll free: 855-368-7332. Also has a district office in Wilmington, phone 310-549-8282. Term expires January 2015.

Website: [www.hahn.house.gov](http://www.hahn.house.gov)

## LEGISLATION

### **League of Women Voters of the Beach Cities**

**310-793-0569**

629 19<sup>th</sup> St.  
Manhattan Beach, CA 90266

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government.  
Covers the areas of Inglewood, Hawthorne, El Segundo, Manhattan, Hermosa and Redondo Beach.  
Website: [www.beachvoter.org](http://www.beachvoter.org)

### **League of Women Voters of the Palos Verdes Peninsula**

**310-784-7787**

P.O. Box 2933  
Palos Verdes Peninsula, CA 90284

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government.  
Covers the areas of Palos Verdes Estates, Rancho Palos Verdes, Rolling Hills and Rolling Hills Estates.  
Website: [www.lwvpvp.org](http://www.lwvpvp.org)

### **League of Women Voters of the Torrance Area**

**310-223-6897**

P.O. Box 964  
Torrance, CA 90508

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government.  
Covers the areas of Gardena, Carson, Lomita, Torrance, and Harbor City.  
Website: [www.torrance.ca.lwvnet.org](http://www.torrance.ca.lwvnet.org)

# LEGISLATION

## **Maxine Waters, U.S. Congresswoman 43<sup>rd</sup> District**

**323-757-8900**

10124 S. Broadway, #1  
Los Angeles, CA 90003

M-F, 8-5

Represents: Inglewood, Lennox, Hawthorne, Lawndale, Harbor City, Harbor Gateway, Torrance, (East of Hawthorne Blvd.) Lomita and West Carson. Washington address: 2221 Rayburn House Office Building, Washington, DC 20515. Term expires January 2015.

Website: [www.waters.house.gov](http://www.waters.house.gov)

## **Roderick D. Wright, State Senator 35<sup>th</sup> District**

**310-412-0393**

One Manchester Blvd., #600  
Inglewood, CA 90301

M-F, 9-5

Represents: Inglewood, Lennox, El Segundo (east of Pacific Coast Highway), Hawthorne, Lawndale, Willowbrook, Rancho Dominguez, Gardena, Compton, Harbor City, Carson, West Carson, San Pedro and Wilmington. Term expires December 2016.

Website: [www.sd35.senate.ca.gov](http://www.sd35.senate.ca.gov)

## **Steven Bradford, Assembly Member 62<sup>nd</sup> District**

**310-412-6400**

One Manchester Blvd., #601  
Inglewood, CA 90301

M-F, 9-5

Representing: Inglewood, Hawthorne, El Segundo, Lawndale and Lennox. State Capital, P.O. Box 942849, Sacramento, CA 94249. Terms expires December 2014. Website: [www.asmdc.org/members/a62](http://www.asmdc.org/members/a62)

## **Ted Lieu, State Senator, 28<sup>th</sup> District**

**310-318-6994**

**FAX: 310-318-6733**

2512 Artesia Blvd., Suite 320  
Redondo Beach, CA 90278

M-F, 9-5

28th District includes both the 53rd and 55th Assembly Districts. Represents El Segundo (west of Pacific Coast Hwy.), Manhattan Beach, Hermosa Beach, Redondo Beach, Torrance, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes and Rolling Hills. Sacramento address: State Capitol, Room 4061, Sacramento, CA 95814. Term expires December 2014.

Website: [www.senate.ca.gov/lieu](http://www.senate.ca.gov/lieu)

## LEGISLATION

### **Torrance City Hall**

**310-618-2801**

3031 Torrance Blvd.  
Torrance, CA 90503

Mayor and City Council members.  
Website: [www.TorranceCA.gov](http://www.TorranceCA.gov)



## LIBRARIES

### **Braille Institute**

**800-808-2555**

741 N. Vermont Ave.  
Los Angeles, CA 90029

M-F, 8:30-5

Free complete service center for the visually impaired. Talking books. All ages accepted.  
Website: [www.brailleinstitute.org](http://www.brailleinstitute.org)

### **Carson Public Library (County)**

**310-830-0901**

151 East Carson St.  
Carson, CA 90745

### **Dr. Martin Luther King Jr. Public Library (County)**

**310-327-4830**

17906 S. Avalon Blvd.  
Carson, CA 90746

### **El Segundo Public Library**

**310-524-2722**

111 W. Mariposa Ave.  
El Segundo, CA 90245

### **Gardena Mayme Dear Library (County)**

**310-323-6363**

1731 W. Gardena Blvd.  
Gardena, CA 90247

### **Harbor City-Harbor Gateway Branch Library (L.A. City)**

**310-534-9520**

24000 S. Western Avenue  
Harbor City, CA 90710

### **Hawthorne Public Library (County)**

**310-679-8193**

12700 S. Grevillea Ave.  
Hawthorne, CA 90250

## LIBRARIES

**Hawthorne Wiseburn Public Library (County)**

**310-643-8880**

5335 W. 135th St.  
Hawthorne, CA 90250

**Hermosa Beach Public Library (County)**

**310-379-8475**

550 Pier Ave.  
Hermosa Beach, CA 90254

**Lawndale Public Library (County)**

**310-676-0177**

14615 Burin Ave.  
Lawndale, CA 90260

**Lennox Public Library (County)**

**310-674-0385**

4359 Lennox Blvd.  
Lennox, CA 90304

**Lomita Public Library (County)**

**310-539-4515**

24200 Narbonne Ave.  
Lomita, CA 90717

**Manhattan Beach Public Library (County)**

**310-545-8595**

1320 Highland Ave.  
Manhattan Beach, CA 90266

**Maseo W. Satow Library (County)**

**310-679-0638**

14433 S. Crenshaw Blvd.  
Gardena, CA 90249

## LIBRARIES

### **Palos Verdes - Malaga Cove Plaza Library**

**310-377-9584**  
**Ext. 551**

2400 Via Campesina  
Palos Verdes Estates, CA 90274

### **Palos Verdes - Miraleste Library**

**310-377-9584**  
**Ext. 452**

29089 Palos Verdes Drive East  
Rancho Palos Verdes, CA 90275

### **Palos Verdes - Peninsula Center Library**

**310-377-9584**

701 Silver Spur Rd.  
Rolling Hills Estates, CA 90274

### **Redondo Beach - Main Library**

**310-318-0675**

303 N. Pacific Coast Highway  
Redondo Beach, CA 90277

### **Redondo Beach - North Branch Library**

**310-318-0677**

2000 Artesia Blvd.  
Redondo Beach, CA 90278

### **San Pedro Regional Branch Library (L.A. City)**

**310-548-7779**

931 S. Gaffey St.  
San Pedro, CA 90731

### **Torrance - El Retiro Branch Library**

**310-375-0922**

126 Vista Del Parque  
Redondo Beach, CA 90277

## LIBRARIES

### **Torrance - Henderson Branch Library**

**310-371-2075**

4805 Emerald Ave.  
Torrance, CA 90503

### **Torrance - North Branch Library**

**310-323-7200**

3604 Artesia Blvd.  
Torrance, CA 90504

### **Torrance Public Library**

**310-618-5959**

### **Katy Geissert Civic Center Library**

3301 W. Torrance Blvd.  
Torrance, CA 90503

Reference and reader's advisory services; public information; literary and cultural programming; books (including large print format), magazines, government documents, audiovisual materials, internet access, interlibrary loan, and delivery service (WOW) for individuals with disabilities. For full description of services refer to Disabilities category. Website: [www.torranceca.gov/library](http://www.torranceca.gov/library)

### **Torrance - Southeast Branch Library**

**310-530-5044**

23115 S. Arlington Ave.  
Torrance, CA 90501

### **Torrance - Waleria Branch Library**

**310-375-8418**

3815 W. 242nd St.  
Torrance, CA 90505

### **Wilmington Branch Library (L.A. City)**

**310-834-1082**

1300 N. Avalon Blvd.  
Wilmington, CA 90744

## LOCAL GOVERNMENT

<u>Carson City Hall</u>	310-830-7600
<u>El Segundo City Hall</u>	310-524-2300
<u>Gardena City Hall</u>	310-217-9500
<u>Hawthorne City Hall</u>	310-349-2900
<u>Hermosa Beach City Hall</u>	310-318-0239
<u>Inglewood City Hall</u>	310-412-5111
<u>Lawndale City Hall</u>	310-973-3200
<u>Lomita City Hall</u>	310-325-7110
<u>Manhattan Beach City Hall</u>	310-802-5000
<u>Palos Verdes Estates City Hall</u>	310-378-0383
<u>Rancho Palos Verdes City Hall</u>	310-377-0360
<u>Redondo Beach City Hall</u>	310-372-1171
<u>Rolling Hills City Hall</u>	310-377-1521
<u>Rolling Hills Estates City Hall</u>	310-377-1577
<u>San Pedro City Hall</u>	310-548-7721

## LOCAL GOVERNMENT

Torrance City Hall

310-328-5310

## MEALS AND NUTRITION

### **Amvets Nutrition Site**

**310-513-6554**

121 W. "E" Street  
Wilmington, CA 90744

Provides group meals for seniors at 11:30 am. Call for information and reservations.  
Website: [www.losangeles.networkofcare.org](http://www.losangeles.networkofcare.org)

### **Anderson Memorial Center**

**310-548-7596**

828 S. Mesa St.  
San Pedro, CA 90731

M-F, 11:30 meal time

The nutrition program serves hot, well -balanced meals in congregate dining centers. No pre-registration is necessary. Meals are served on a first come, first served basis. Also see Senior Centers category.

Website: [www.laparks.org/dos/senior/facility/andersonscc.htm](http://www.laparks.org/dos/senior/facility/andersonscc.htm)

### **Bartlett Senior Citizens Center**

**310-320-5918**

1318 Cravens Ave.  
Torrance, CA 90501

M-S, 8-4  
Sun, 12:30-4

Hot lunch (\$2.75) for adults 50 years and older, M-F at 11:30 am. Reservations can be made 24 hours in advance. Also see Legal and Senior Centers category.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to community services)

### **Calvary Assembly of God (His Helping Hand)**

**310-326-2757**

25501 Oak St.  
Lomita, CA 90717

Surplus food distribution for the needy on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday evenings, 6-7 p.m.

Website: [www.calvaryag.wix.com/calvary](http://www.calvaryag.wix.com/calvary)

## MEALS AND NUTRITION

### **Calvary Light Christian Center**

**310-830-3043**

1101 N. Lakme Ave.  
Wilmington, CA 90744

Food distribution for the needy on Thursday 10 am -11:30 am. Also see Emergency Shelter/Food Programs categories.  
Website: [www.foursquare.com](http://www.foursquare.com)

### **Calvary Presbyterian Church**

**310-676-1144**

13560 Hawthorne Blvd.  
Hawthorne, CA 90250

Food distribution for the needy the last Friday of the month 11:30 am-12 noon. Also see Emergency Shelter/Food Programs.  
Website: [www.calvarypres.com](http://www.calvarypres.com)

### **Carson Community Center**

**310-505-5253**

801 E. Carson St.  
Carson, CA 90745

Hot lunch provided by the YMCA to seniors on Monday to Friday @ 11:30 am. Sack lunches delivered to Carson residents only on the weekends. Reservations required.  
Website: [www.carsoncenter.com](http://www.carsoncenter.com)

### **Church of the Brethren/Tree of Life**

**310-371-0411**

2761 190<sup>th</sup> St.  
Redondo Beach, CA 90278

Hot meals served on Thursday from 6:30-8 pm.  
Website: [www.brethren.org](http://www.brethren.org)



## MEALS AND NUTRITION

### **City of Truth Ministries**

**310-669-8300**

1139 E. Dominguez St., Suite D  
Carson, CA 90746

Food distribution to persons in need on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday, 12-2 pm.  
No website.

### **First United Methodist Church**

**310-328-3242**

1551 El Prado  
Torrance, CA 90501

Hot meals served the 4th Saturday of the month at 11 am.  
Website: [www.firstumctorrance.org](http://www.firstumctorrance.org)

### **First United Methodist Church**

**310-372-8445**

243 So. Broadway  
Redondo Beach, CA 90277

Hot meals on Wednesday, 6-7 pm. Counseling on Wednesdays at 4:30 pm.  
Website: [www.fumcrb.org](http://www.fumcrb.org)

### **Food Stamps (Cal Fresh)**

**211**

Department of Public Social Services, L.A. County

24 hrs.

Offers services and resources for food assistance.

### **Harbor Community Church of God**

**310-830-2582**

21739 Dolores St.  
Carson CA 90745

Sunday breakfast served at 8 am.  
Website: [www.harborcommunitycog.com](http://www.harborcommunitycog.com)

## MEALS AND NUTRITION

### **Harbor Gateway/Torrance Outreach**

**310-320-9727**

1435 Del Amo Blvd.  
Torrance, CA 90501

Provides food items for families on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month at 9:30 am or until the food runs out. Bringing bags for food is appreciated. No discrimination for age or income.

Website; [www.harborgatewaysouth.org](http://www.harborgatewaysouth.org)

### **Harbor Gateway/Torrance Outreach**

**310-320-9727**

Norman Dale Recreation Distribution site  
22400 S. Halldale Ave.  
Torrance, CA 90501

Provides food items for homeless persons over 18, and low-income families on the 2nd and 4th Tuesday. Bringing bags for food is appreciated. Services the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway.

Website: [www.neighborlink.com](http://www.neighborlink.com)

### **Hope In Action**

**310-374-4673**

Hope Chapel  
2420 Pacific Coast Highway  
Hermosa Beach, CA 90254

Once a month food items distributed to residents of South Bay cities including: Inglewood, Hawthorne, Torrance and the Beach Cities. For church members, food is available after services Friday at 7 pm, Saturday at 6 pm, Sunday at 8 am and 10:45 am. Requires proof of residence. Church non-members can pick up a free bag of a week's worth of food once a month. Distribution takes place Wednesday and Friday, 9-12 and 1-4. Individuals must provide proof of residency in the South Bay to be eligible for free food.

Website: [www.hopechapel.org](http://www.hopechapel.org)

## MEALS AND NUTRITION

### **House of Yahweh**

**310-675-1384**

4046 W. Marine  
Lawndale, CA 90260

M-Sat, 10-3:30

Provides emergency food distribution once a month, home delivery for special needs, and Food Outreach program. Clients must undergo a personal screening to qualify. Also see Emergency Shelter/Food Programs.

Website: [www.hoy-southbay.org](http://www.hoy-southbay.org)

### **Japanese Cultural Institute (JCI)**

**310-324-6611**

1964 W. 162nd St.  
Gardena, CA 90247

Japanese lunch box for pick up, M-F, 11:15-11:45 for \$3.25. Reservations required three days in advance.

Website: [www.jci-gardena.org](http://www.jci-gardena.org)

### **L.A. Regional Food Bank**

**323-234-3030**

Also refer to Emergency Shelter/Food Programs category.

Website: [www.lafoodbank.org](http://www.lafoodbank.org). Log in and use a zip code to search for nearest food bank.

### **Love Inc.**

**310-831-5683**

P.O. Box 6442  
San Pedro, CA 90734-6442

M, 9-12 noon  
T-F, 9-5

Emergency food delivery for 1-3 months only. Offers referrals for shelters, clothing and transportation. Also see Emergency Shelter/Food Programs, Employment, Finances and In Home Services categories.

Website: [www.loveincsb.org](http://www.loveincsb.org)

## MEALS AND NUTRITION

### Meals on Wheels

Carson – 310-835-0212, ext. 1487

El Segundo – 310-322-9033

Gardena – 310-217-9552

Harbor City – 310-518-4533

Hawthorne – 310-412-4380

Inglewood – 310-412-4380

Lawndale – 310-318-2827/ 310-937-3200 – ask for Senior Services

Lennox – 310-412-5338, Case Management 310-412-4380

Manhattan, Redondo, Hermosa Beaches – 310-318-2827

Palos Verdes – 310-318-2827

San Pedro – 310-832-7335

Torrance/Lomita – 310-542-3434 (M-F, 8:30-2:00)

Wilmington – 310-513-6559

Hot meals delivered to homes of housebound seniors or disabled. Call for details.

### Normandale Senior Nutrition

**310-328-3689**

**310-856-2796**

22400 Halldale Ave.

Torrance, CA 90501

Lunches served at 11:00 am on Mon, Tues., Wed., and Fri. Sponsored by the L.A. Dept. of Aging. Donation of \$3.00 requested but not required. First come, first served until food runs out. Walk-ins accepted.

## MEALS AND NUTRITION

### **Redondo Beach Senior and Family Services**

**310-318-0650**

1922 Artesia Blvd.  
Redondo Beach, CA 90278

M-F, 7:30-5:30

YMCA sponsored lunches, \$2.75 donation served Tuesday and Thursday at Veterans Park, and Monday, Wednesday, and Friday at Perry Park. For more information call Senior and Family Services. Also see Legal and Senior Center categories.

Website: [www.redondo.org/senior](http://www.redondo.org/senior)

### **Riviera United Methodist Church**

**310-378-9273**

375 Palos Verdes Blvd.  
Redondo Beach, CA 90277

Every 5<sup>th</sup> Saturday of each month, 11-1 pm, for low income and homeless is provided a “Loaves and Fish” lunch that serves a full coarse home cooked meal. Brown bag sandwich meals, socks and toiletries are available to take as a person leaves.

Website: [www.rivieraumc.com](http://www.rivieraumc.com)

### **Rock Solid Christian Assembly**

**310-832-2788**

867 W. 10<sup>th</sup> St.  
San Pedro, CA 90731

Distribution of food every Sunday of each month, 12:30-1:30 pm; after church. Also see Emergency Shelter/Food category.

Website: [www.rocksolidsanpedro.org](http://www.rocksolidsanpedro.org)

### **Salvation Army**

**310-318-2827**

125 W. Beryl  
Redondo Beach CA 90277

Delivers hot meals for those who cannot prepare for themselves. Service covers Beach Cities, Torrance (west of Hawthorne), Palos Verdes Peninsula and Lawndale. Special diets available. Hot meals during the week and frozen meals on weekends.

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

## MEALS AND NUTRITION

### **San Pedro Temple Corp.**

**310-832-7228**

138 S. Bandini  
San Pedro, CA 90731

Food distribution for the needy, Tuesday and Friday, 9-12, 1:30-3 pm. Also see  
Emergency Shelter/Food Programs.  
Website: [www.unityingrace.com](http://www.unityingrace.com)

### **San Pedro Service Center**

**310-519-60911**

769 W. Third St.  
San Pedro, CA 90731

M-F, 8-5

Senior nutrition site with hot lunch meal for \$2 at 11:30 am. Call for more information  
and reservations. Also see Case Management, Employment, Senior Centers and Veterans  
category.  
Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

### **South Bay Christian Church**

**310-376-8862**

128 N. Broadway  
Redondo Beach, CA 90277

M, T, Th, 9-1

Pancake Breakfast served Sundays at 8 am.  
Website: [www.southbaychristianchurch.org](http://www.southbaychristianchurch.org)

### **South Bay Free Methodist Church**

**310-539-8663**

25514 Narbonne Ave  
Lomita, CA 90717

Canned and packaged food offered from 8:30-9:30 am on the 4th Saturday of each month.  
Website: [www.southbayfmc.org](http://www.southbayfmc.org)

## MEALS AND NUTRITION

### **St. Andrews Episcopal Church**

**310-328-3781**

1432 Engracia Ave.  
Torrance, CA 90501

Hot meals served the 3rd Saturday of the month. No charge for meals. Serving starts at 11:00 am and continues until all food is served.  
Website: [www.saintandrewstorrance.org](http://www.saintandrewstorrance.org)

### **St. Andrews Presbyterian Church**

**310-540-5252**

301 Ave D  
Redondo Beach, CA 90277

Brown bag lunches are provided from 12 noon – 1 pm on Tuesday and Thursday. Canned food and used clothing given when available.  
Website: [www.sntandrews.org](http://www.sntandrews.org)

### **St. Catherine Laboure Catholic Church**

**310-329-0993**

3846 Redondo Beach Blvd.  
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am -1 pm. Also see Emergency Shelter/Food Programs category.  
Website: [www.stcatchurch.com](http://www.stcatchurch.com)

### **St. James Catholic Church**

**310-372-5228**

415 Vincent St.  
Redondo Beach, CA 90277

Sack lunches are provided from 1 pm-2 pm on Monday, Wednesday, and Friday Part of “Feed the Needy” program.  
Website: [www.stjamesparish.org](http://www.stjamesparish.org)

## MEALS AND NUTRITION

### **St. John Evangelical Lutheran Church**

**310-676-8804**

14517 Crenshaw Blvd.  
Gardena, CA 90249

Hot meals served Monday, Wednesday and Friday at 5:30 pm after Bible Study, and 11:30 every Saturday. Dinner served every 4<sup>th</sup> Saturday each month at 4 pm.. Sack lunches are served Sunday at 12 noon. Free clothing every Saturday at 11 am-1 pm except on holiday weekends.

Website: [www.workdaysharefestinc.org](http://www.workdaysharefestinc.org)

### **St. Joseph Catholic Church**

**310-679-1139**

11886 S. Acacia Ave.  
Hawthorne, CA 90250

Distribution of food on the 2<sup>nd</sup> Sunday of each month, 8 am-12:30 pm. Spanish spoken.

Website: [www.stjoseph-haw.org](http://www.stjoseph-haw.org)

### **St. Lawrence Martyr Church**

**310-540-0329**

1900 S. Prospect  
Redondo Beach, CA 90277

Food pantry (canned and dry food), with food distribution to local residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed Saturday 9-10 am. Also see Emergency Shelter/Food Programs.

Website: [www.stlm.org](http://www.stlm.org)

### **St. Margaret Mary Catholic Church**

**310-326-3364**  
**Ext. 15**

25511 Eshelman Ave.  
Lomita, CA 90717

Weekly distribution of food on Wednesday 8:30-10:30 am. Spanish also spoken.

Website: [www.stmargaretmarylomita.org](http://www.stmargaretmarylomita.org)



## MEALS AND NUTRITION

### **St. Paul's United Methodist Church**

**310-370-4319**

2600 Nelson Ave.  
Redondo Beach, CA 90278

Hot supper served at church from 6-7 pm on Tuesday. Food pantry is open from 9-10:30 am on the 1st and 3rd Thursday of the month.

Website: [www.stpaul.org](http://www.stpaul.org) or e-mail: [projectneedsrb@gmail.com](mailto:projectneedsrb@gmail.com)

### **Torrance 1<sup>st</sup> Baptist Church**

**310-328-5030**

2118 W. Carson St.  
Torrance, CA 90501

Hot meal served on the first Saturday of each month, 11 am -1 pm.

Website: [www.tbfcilife.org](http://www.tbfcilife.org)

### **Walteria United Methodist Church**

**310-375-0622**

3646 Newton St.  
Torrance, CA 90505

Full hot meal served the 2<sup>nd</sup> Saturday of each month from 11am-1pm for the needy and homeless.

Website: [www.walteriaumc.org](http://www.walteriaumc.org)

### **Wilmington MPC**

**310-518-4533**

1371 Eubank Ave., (Banning Park)  
Wilmington, CA 90744

Hot meal served at 12 noon for \$2. Call for more information and reservations. Also see Case Management, Legal, Senior Centers and Transportation categories.

Website: [www.laparks.org/dos/seniorfacility/wilmingtonscc.htm](http://www.laparks.org/dos/seniorfacility/wilmingtonscc.htm)

## MEALS AND NUTRITION

### YMCA

**310-325-5885**

**Ext. 2732**

2900 W. Sepulveda Blvd.  
Torrance, CA 90505

Nutritious lunch M-F, at 12 noon for seniors 60 years and older. No membership required for lunch. Reservations required 24 hours in advance by 11 am the prior day. Donation of \$2.75 for lunch.

Website: [www.ymcala.org](http://www.ymcala.org)

## **POLICE**

<b><u>Police Assistance</u></b>	<b>911 Emergency</b>
<b><u>Carson Sheriff's Station, L.A. County</u></b>	<b>310-830-1123</b>
<b><u>El Segundo Police</u></b>	<b>310-524-2200</b>
<b><u>Gardena Police</u></b>	<b>310-217-6148</b>
<b><u>Hawthorne Police</u></b>	<b>310-675-4443</b>
<b><u>Hermosa Beach Police</u></b>	<b>310-318-0360</b>
<b><u>Lawndale Police</u></b>	<b>310-219-2750</b>
<b><u>Lomita Sheriff</u></b>	<b>310-539-1661</b>
<b><u>Los Angeles City Police, Harbor Division</u></b>	<b>310-732-3500</b>
<b><u>Manhattan Beach Police</u></b>	<b>310-802-5140</b>
<b><u>Palos Verdes Estates Police</u></b>	<b>310-378-4211</b>
<b><u>Rancho Palos Verdes Police</u></b>	<b>310-539-1661</b>
<b><u>Redondo Beach Police</u></b>	<b>310-379-2477</b>
<b><u>Rolling Hills Estates Sheriff</u></b>	<b>310-539-1661</b>
<b><u>Torrance Police</u></b>	<b>310-328-3456</b>

# RETIREMENT

## **DISCLAIMER**

**The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend carefully investigate the resources.**

### **Alternatives for Seniors**

**800-350-0770**

P.O. Box 833  
Southfield, MI 48037

Provides a senior housing and services resource publication. The directory includes continuing care, retirement communities, independent and assisted living, residential care, Alzheimer/dementia resources, nursing/rehabilitation centers and home care. Also see Alzheimer's and Board and Care categories.

Website: [www.alternativesforseniors.com](http://www.alternativesforseniors.com)

### **Bellagio Manor**

**562-432-7468**

1046 E. Fourth St.  
Long Beach, CA 90802

M-5, 8-5

A State licensed assisted living facility serving the physical, social, emotional and spiritual needs of seniors. Provides 3 meals a day, health and wellness programs, full time activity directory, chapel with non-denominational services, and an internet/computer room. A secured facility with 40 beds for Alzheimer's/dementia individuals as well as respite care for families. Also see Alzheimer's category.

Website: [www.bellagiomanorassistedliving.com](http://www.bellagiomanorassistedliving.com)

## RETIREMENT

### **Bixby Knolls Towers**

**562-426-6123**

3737 Atlantic Ave.  
Long Beach, CA 90807

A non-profit Retirement Housing Foundation community offering affordable senior housing with independent, assisted living, skilled nursing and rehabilitation. Provides 3 meals/day and social activities, excursions, laundry services, beauty shop and weekly housekeeping. The full service senior apartments accept 55 yr. and older, and skilled nursing is provided for 62 yrs. and older.

Website: [www.rhf.org](http://www.rhf.org)

### **Brookdale Pacific Inn**

**310-543-1174**

5481 Torrance Blvd.  
Torrance, CA 90503

Accepts active adults 60 years and older, providing studios, 1 and 2 bedroom units, 3 meals a day, and weekly housekeeping. Staff is available 24 hours. Transportation for medical appointments and shopping.

Website: [www.brookdaleliving.com](http://www.brookdaleliving.com)

### **California Registry**

**800-777-7575**

17853 Santiago Blvd., Suite 107  
Villa Park, CA 92861

M-F, 8-5

Provides information on short and long-term housing, Alzheimer's, assisted living, board and care, skilled nursing, and retirement. Free public service. Also see Alzheimer's, Board and Care and Skilled Nursing categories.

Website: [www.calregistry.com](http://www.calregistry.com)

### **Canterbury, The**

**310-541-2410**

5801 W. Crestridge Rd.  
Rancho Palos Verdes, CA 90275

24 hrs.

Retirement facility providing independent living, assisted living, and skilled nursing. Supervised activities and transportation for medical care.

Website: [www.thecanterbury.com](http://www.thecanterbury.com)

## RETIREMENT

### **Carson Senior Assisted Living Center**

**310-830-4010**

345 E. Carson St.  
Carson, CA 90745

24 hrs.

Some SSI, 3 meals a day. Arbor Hall for Alzheimer's and dementia. Respite care available.

Website: [www.carsonliving.net](http://www.carsonliving.net)

### **Concepts for Living**

**310-869-4282**

**800-414-4242**

M-F, 8:30-5:30

Provides information and referral for seniors and families to retirement, independent and assisted living communities, Alzheimer's/dementia, and board and care homes. Works closely with seniors and their families in assessing needs. Geographic area served: Los Angeles, Ventura Counties, Orange Counties, as well as San Gabriel Valley. Free to seniors and their families. Also see Alzheimer's and Board and Care categories.

Website: [www.conceptsforliving.com](http://www.conceptsforliving.com)

### **Connections Referral Service**

**800-330-5993**

2658 Griffith Park Blvd., Suite 224  
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals on board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Alzheimer's, Board and Care and Skilled Nursing categories.

Website: [www.carehomefinders.com](http://www.carehomefinders.com)

# RETIREMENT

## **Elderlink**

**800-613-5772**

P.O. Box 5202  
Santa Monica, CA 90409

M-F, 8-5

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Alzheimer's, Board and Care, Hospice and Skilled Nursing categories.  
Website: [www.elderlink.org](http://www.elderlink.org)

## **Gardena Retirement Center**

**310-327-4091**

14741 South Vermont Ave.  
Gardena, CA 90247

24 hrs.

60 years and older, providing 3 meals a day. Offers activities, outings, Japanese arts and crafts and exercise program. Will accept those using walkers and canes. Serves Japanese and American food.  
Website: [www.gardenaretirement.com](http://www.gardenaretirement.com)

## **Harbor Terrace Retirement Center**

**310-547-0090**

435 W. 8th St.  
San Pedro, CA 90731

24 hrs.

87-person capacity for 60 years and older, providing 3 meals a day, utilities included. Studio and one bedroom. Ambulatory patients only. No wheelchairs. Dietitian meets with each new resident. 24-hour full-service and medical transportation provided.  
Website: [www.harborterraceretirement.com](http://www.harborterraceretirement.com)

## RETIREMENT

### **Huntington Retirement Hotel**

**310-370-5828**

20920 Earl St.  
Torrance, CA 90503

24 hrs.

60 years and older; accepts disabled. Provides 3 meals a day. Independent/assisted living as well as care for those with dementia, Alzheimer's and the non-ambulatory. Social and recreational programs. No skilled nursing. Transportation to and from medical appointments and shopping. In-house beauty shop.

Website: [www.caring.com](http://www.caring.com)

### **New Lifestyles**

**800-869-9549**

4144 N. Central  
Expressway #1000  
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Board and Care and Hospice categories.

Website: [www.NewLifeStyles.com](http://www.NewLifeStyles.com)

### **Palos Verdes Villa**

**310-547-9941**

29661 S. Western Ave.  
Rancho Palos Verdes, CA 90275

24 hrs.

60 years and older, with 73 private and semi-private rooms providing 24-hour caregiving, assisted living, activities and 3 meals a day plus snacks. Transportation to appointments.

Accepts SSI.

Website: [www.palosverdesvilla.com](http://www.palosverdesvilla.com)



## RETIREMENT

### **Rosecrans Villa**

**310-675-9163**

14110 Cordary Ave.  
Hawthorne, CA 90250

Retirement and board and care facility for 60 yr. and older, providing 3 meals a day plus snacks. Transportation to and from medical appointments, art classes, adult education classes, drug and alcohol programs. Individuals must be able to transfer from bed to wheelchair without assistance. Accepts disabled and SSI.

Website: [www.caring.com](http://www.caring.com)

### **Spring Senior Assisted Living**

**310-370-3594**

20900 Earl St.  
Torrance, CA 90503

Retirement, assisted living, and respite option providing 3 levels of care and 3 meals a day for 65 yr. and older. Semi and private rooms, wheelchairs okay. Transportation to appointments. No Alzheimer patients accepted.

Website: [www.springassistedliving.com](http://www.springassistedliving.com)

### **Sunnyside Retirement Center**

**310-320-3318**

22711 S. Vermont  
Torrance, CA 90502

70 semi -private and private rooms for 60 yr. and older. Provides assisted living and 3 meals a day. Does not accept Alzheimer patients or those in wheelchairs. Transportation, activities, housekeeping, laundry, and medication supervision.

Website: [www.caring.com](http://www.caring.com)

### **Sunrise Assisted Living of Hermosa Beach**

**310-937-0959**

1837 Pacific Coast Highway  
Hermosa Beach, CA 90254

60 yr. and older offering three levels of assisted living, three meals a day, laundry services, housekeeping, scheduled transportation, and care for persons with Alzheimer's disease or other types of memory impairment. See also Alzheimer's category.

Website: [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)

## RETIREMENT

### **The Canterbury**

**310-541-2410**

5801 W. Crestridge Rd.  
Rancho Palos Verdes, CA 90275

24 hrs.

Retirement facility providing independent living, assisted living, and skilled nursing. Supervised activities and transportation for medical care. Also see Skilled Nursing category.

Website: [www.thecanterbury](http://www.thecanterbury)

### **Villa Sorrento**

**310-539-6826**

23450 Madison St.  
Torrance, CA 90505

62 years and older, 108 units, studio and 1-bedroom with 3 meals a day. Limited wheelchairs. Mild cognitive impairment accepted. Transportation and activities. Pets allowed.

Website: [www.villasorrentoretirement.com](http://www.villasorrentoretirement.com)

## SENIOR CENTERS

### **Anderson Memorial Center**

**310-548-7596**

828 S. Mesa St.  
San Pedro, CA 90731

M-F, 8:30-5

Legal appointments, exercise classes, bingo, sewing, art classes and guitar. Applications for City Ride program available. Hot lunches M-F for \$2 at 11:30 am. Also see Meals and Nutrition category.

Website: [www.laparks.oorg/dos/senior/facility/andersonscc.htm](http://www.laparks.oorg/dos/senior/facility/andersonscc.htm)

### **Anderson Park Senior Center**

**310-371-9036**

North Park Senior Club  
3007 Vail Ave.  
Redondo Beach, CA 90278

Bridge, exercise, Tai Chi, trips, tours, potluck and bingo. Adaptive mobility post-stroke class and support group. Adult Day Care Center open Tuesday through Friday, 7:30-5:30 pm and Saturday from 10:30-5:30 pm. Call Redondo Beach Senior and Family Services, 310-318-0610 for more information. Also see Alzheimer's, Disabilities and Education categories.

Website: [www.redondo.org](http://www.redondo.org)

### **Bartlett Senior Citizens Center**

**310-320-5918**

1318 Cravens Ave.  
Torrance, CA 90501

M-Sat, 8-4  
Sun, 12:30-4

5-0 And on the Go! Promoting fitness, fun and friendships.

M-F lunches for \$2.75 at 11:30 a.m., reservations are recommended. Open daily and provides a full range of programs and services. Activities include special events and special interest classes; exercise classes, chair aerobics, bridge, canasta, pinochle, dances, shuffleboard, billiards, crafts, free movie matinees, ceramics and beadwork, lapidary, free legal appointments, and Health Insurance Counseling Advocacy Program (HICAP). Also see Insurance, Legal and Meals and Nutrition categories.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to community services)

## SENIOR CENTERS

### **Carson Senior Social Services**

**310-835-0212**

**Ext. 1775**

**M-F, 7 -6**

801 E. Carson St.  
Carson, CA 90745

Hot lunches Monday-Friday, reservations at 310-835-0212, Ext. 1487. Exercise classes, Polynesian, square and line dancing, monthly dances, bingo, tax help, Medicare advice, Stroke Center, legal referrals, geriatric aid program, senior clubs, Glee Club, Tai Chi, health programs and transportation. Also see Case Management category.

Website: [www.ci.carson.ca.us](http://www.ci.carson.ca.us)

### **El Segundo Joslyn Center**

**310-524-2705**

339 Sheldon St.  
El Segundo, CA 90245

**M-Th, 8 am-9 pm**

**F, 8-5**

**Sat, varies**

Arts and crafts, quilting, stained glass, exercise classes, Saturday dances, bingo, pool, and movies on Thursday. Monthly trips and potluck. Delivered meals (El Segundo residents only) by Outreach Program, 310-322-9033. Free Dial-a-Ride for El Segundo residents. Call for operating hours.

Website: [www.elsegundo.org](http://www.elsegundo.org)

### **Gardena Valley Japanese Cultural Institute**

**310-324-6611**

1964 W. 162nd St.  
Gardena, CA 90247

**M-F, 9-5**

Crafts, line dancing, ballroom dancing, martial arts, and adult school classes. Japanese language school on Saturday, 9 am -12:30 pm. Japanese box lunches, \$3.25. Reserve 3 days in advance. Eat in or at home.

Website: [www.jci-gardena.org](http://www.jci-gardena.org)

## SENIOR CENTERS

### **Hawthorne Senior Center**

**310-349-1650**

3901 W. El Segundo Blvd.  
Hawthorne, CA 90250

M-F, 9-2

Meals served at 12 noon (\$3 donation). Reservations required 24 hr. in advance. Transportation, canasta, sewing, knitting, crocheting, cards, bingo, legal appointments, dances, pool, and computer lab. Free monthly blood pressure checks. AARP driving class; call for information.

Website: [www.cityofhawthorne.com](http://www.cityofhawthorne.com)

### **Herma Tillim Senior Center**

**310-329-1889**

3614 W. Artesia Blvd.  
Torrance, CA 90504

T, W, Th, 9-4

5-0 And on the Go! Promoting fitness, fun and friendships.

Bridge, pinochle, table games, bingo, crafts, gentle fitness, chair dancing, quilting workshop, exercise, and movie matinee. Greeting Card workshop the 1st Tuesday of the month. Wire Wrapping workshop the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to community services)

### **Hermosa Five-0 Senior Activity Center**

**310-318-0280**

710 Pier Ave.  
Hermosa Beach, CA 90254

Bingo, lectures, trips, art classes, computer classes, movies, ping pong, yoga, Tai Chi and fitness classes. Registration required for most activities. Call for times.

Website: [www.hermosabch.org](http://www.hermosabch.org)

### **Inglewood Senior Center**

**310-412-5338**

330 Centinela Ave.  
Inglewood, CA 90302

M-F, 8-5

Information and referral, congregate and home delivered meals, care and case management, transportation, caregiver support services, diabetic support group, senior Tai Chi classes off site, trips and excursions. Also see Case Management category.

Website: [www.cityofinglewood.org](http://www.cityofinglewood.org)

## SENIOR CENTERS

### **Jewish Community Center**

**310-214-4999**

Jewish Community Center Library  
2108 Vail Ave.  
Redondo Beach, CA 90278

Th, 11-1

Speakers on topics from current Jewish events to taxes and medical issues; presentations, games, music and outings. Light lunch is served. \$5 per program.

Website: [www.jccmb.com](http://www.jccmb.com)

### **Ken Miller Recreation Center Fun Fridays**

**310-320-5918**

**310-618-6396**

3341 Torrance Blvd. (behind Benstead Plunge)  
Torrance CA 90503

F, 8-3

5-0 And on the Go! Promoting fitness, fun and friendships.

Programs offered: Chair exercise 8:15-9:45 am, Low impact aerobics through dance 10-11:30 am. Fees vary.

Website: [www.torranceca.gov](http://www.torranceca.gov) (go to community services)

### **Lawndale Community Center-Senior Services**

**310-973-3270**

14700 Burin Ave.  
Lawndale, CA 90260

M-Th, 7 am-8 pm

Fri, 7-4

Sat, 10-2

Multipurpose senior center offering information and referral, case management, transportation, meals on wheels, and legal services. Social and recreational activities include bunco, scrapbooking, movies, art and internet classes, small bus excursions, lunch program at noon, Monday through Friday, requiring reservations 24 hrs. a head of time.

See also Case Management category.

Website: [www.lawndalecity.org](http://www.lawndalecity.org)

## SENIOR CENTERS

### **Lomita Recreation Center**

**310-326-0140**

24428 Eshelman Ave.  
Lomita, CA 90717

M-F, 9-8:30

Lomita "Goodtimers" meets on Thursday from 10:30 am - 3:00 pm. Bingo starts around 12:30 pm. Exercise/aerobic classes offered.  
Website: [www.lomita.com](http://www.lomita.com)

### **Long Beach Senior Center**

**562-570-3533**

1150 E. 4th St.  
Long Beach, CA 90802

M-F, 8-4  
Sat, 10-4

Coffee shop, lunches, billiards, ballroom, fitness center, arts and crafts, bingo, bridge, library, movies, trips, senior nutrition program, tours, sewing program, woodcarving, stretch classes, thrift shop, computer classes, Tai Chi, and income tax preparation. Health clinic for uninsured (over 50 years old).  
Website: [www.longbeach.gov](http://www.longbeach.gov)

### **Manhattan Beach Older Adult Program**

**310-802-5447**

Joslyn Community Center  
1601 Valley Dr.  
Manhattan Beach, CA 90266

M-F, 8-5  
Sat, Sun, 10-3

Educational programs, ping pong, horse shoes, line dancing, shuffle board, dances, quilting, Woman to Woman discussion groups, book club, poetry reading, movies, bingo, games, cards, trips, social gatherings, and potlucks.  
Website: [www.ci.manhattan-beach.ca.us](http://www.ci.manhattan-beach.ca.us)

## SENIOR CENTERS

### **Nakaoka Community Center**

**310-217-9552**

Senior Citizens Bureau of Gardena  
1670 W. 162nd St.  
Gardena, CA 90247

M-F, 8-5

Hot lunches on site M-F, (\$2.75 for seniors), and home-delivered meals. Bingo, exercise classes, legal advice, blood pressure screening, diabetic lectures, movies, day trips, candlelight dinners, and special transit for 60 years and older and disabled. "Be Well," a light exercise and weight management program for senior 60 years and over includes nutrition counseling, food management and behavior modification. Call for schedule. Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

### **Peninsula Seniors**

**310-377-3003**

30928 Hawthorne Blvd.  
Rancho Palos Verdes, CA 90275

M-F, 10-4

Legal appointments, tours, lectures, bridge, bingo monthly, movies, writers group, AARP driving classes, Notary Public, income tax service, podiatrist, caregivers' support group, chair Yoga, and exercise classes. Travel programs and lectures. Website: [www.pvseniors.org](http://www.pvseniors.org)

### **Perry Park Senior Center**

**310-318-0650**

North Redondo Senior Club  
2308 Rockefeller Lane  
Redondo Beach, CA 90278

Arthritis Foundation exercise classes, cards, bingo, needlework, computer learning, art and hobbies. Lunch program on Monday, Wednesday, and Friday at 12 noon with reservations required 24 hours ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information. Website: [www.redondo.org/senior](http://www.redondo.org/senior)



## SENIOR CENTERS

### **Redondo Beach Senior and Family Services**

**310-318-0650**

1922 Artesia Blvd.  
Redondo Beach, CA 90278

M-F, 7:30-5:30

Information and referral for seniors and adult disabled. Transportation, legal services, cultural trips, support groups and income tax assistance. YMCA sponsored lunches; \$2.75 donation and served Tuesday and Thursday at Veterans Park; Monday, Wednesday, Friday at Perry Park. See also Legal and Meals and Nutrition categories.  
Website: [www.redondo.org/senior](http://www.redondo.org/senior)

### **Rosenberg Senior Center**

**310-316-8444**

Temple Menorah  
1101 Camino Real  
Redondo Beach, CA 90277

M, 11:15-3  
W, 11-3

Field trips, lunch, spiritual/intellectual and exercise classes, speakers and enrichment programs. A daily charge of \$12 for members, \$15 for non-members, covers all activities.

Website: [www.templemenorah.org/learning/seniorcenter.html](http://www.templemenorah.org/learning/seniorcenter.html)

### **San Pedro Service Center**

**310-519-6091**

769 W. Third St.  
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors 60 yr. and older. Services offered are case management, assistance with Medicare/Medi-Cal forms (call for times), emergency food distribution, as well as bread, fruit and vegetables distribution programs; arts and crafts, sewing, dance classes, English as a second language course, beginners computer training, senior nutrition site with hot lunch meal for \$2. Also on site is a person offering assistance with Veterans benefits and mediation issues. Also see Case Management, Employment, Meals and Nutrition and Veterans categories.

Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

## SENIOR CENTERS

### **Torrance YMCA Senior Center**

**310-325-5885**

**Ext. 2732**

2900 W. Sepulveda Blvd.  
Torrance, CA 90505

M-F, 9-11, 2-4

Daily lunches M-F, 11:30 with reservations required. Wellness and nutrition, fitness, exercise, line dance, bridge, bingo, parties, travel tours, AARP 55 Alive Mature Driving Program, and volunteer opportunities. Membership in YMCA not required.

Website: [www.ymcala.org](http://www.ymcala.org)

### **Veterans Park Senior Center**

**310-318-0650**

Redondo Beach Senior Club, Inc.  
301 Esplanade (corner of Catalina and Torrance Blvd.)  
Redondo Beach, CA 90277

Exercise, weight loss, square dance, cards, potlucks, theater group, line dancing, knitting, book club, Tai Chi, bridge, yoga, computer tutoring class. Lunch program on Tuesday and Thursdays at 12 noon with reservations required 24 hr. ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information or go to website. Website: [www.redondo.org/senior](http://www.redondo.org/senior)

### **Walteria Park Senior Citizens Center**

**310-378-3862**

3855 W. 242nd St.  
Torrance, CA 90505

M, 12-4

Th, 12-4

Monday – Pinochle, board games, 12-4.

Thursday – Bridge, pinochle, board games, 12-4.

## SENIOR CENTERS

### **Wilmington Multipurpose Senior Center**

**310-518-4533**

1371 N. Eubank Ave.  
Wilmington, CA 90744

M-F, 8-4:30

Multipurpose center offering classes in arts/crafts, English as a second language, sewing, exercise, computer skills, and nutrition. Lunch served at 12 noon for \$2. Case management, transportation available for residents of Wilmington, Harbor City, LA Strip and San Pedro. Health screening, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services. Also see Case Management, Legal, Meals/Nutrition and Transportation categories,  
Website: [www.laparks.org/dos/senior/facility/wilmingtonscc.htm](http://www.laparks.org/dos/senior/facility/wilmingtonscc.htm)

### **Yvonne Burke Community Center**

**323-298-6038**

4750 W. 62<sup>nd</sup> St.  
Los Angeles 90056

M-F, 8 am-9 pm  
Sat, 9-6

Multipurpose center offering computer and exercise classes, education workshops, lunch on site, Meals on Wheels, and movies. HICAP representative to assist with Medicare insurance health plans.  
Website: [www.losangeles.networkofcare.org](http://www.losangeles.networkofcare.org)

## SENIOR CLUBS

### **Banning Manor Senior Club**

**310-548-7776**

1331 Eubank St.  
Wilmington, CA 90744

M, 9-12

Activities include trips, potlucks, and social events.

### **Carson Senior Club**

**310-835-0212**

**Ext. 1475 or 1478**

Carson Dominguez Room  
801 E. Carson St.  
Carson, CA 90745

Activities include bingo, games, cards, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required. Call for information on meeting days.

### **Harbor Lites Senior Club**

**310-831-3811**

Harbor Regional Park  
24901 Frampton Ave.  
Harbor City, CA 90710

Friday, noon

Socialization, bingo, coffee and donuts.

### **Normandale Center Senior Club**

**310-328-3689**

22400 Halldale Ave.  
Torrance, CA 90501

M-F, 9-12:30

General meeting, bingo, nutrition program, trips, and gardening program. Also see Meals and Nutrition category.

## SENIOR CLUBS

### **North Park Senior Club**

**310-318-0650**

Anderson Park Senior Center  
3007 Vail Ave.  
Redondo Beach, CA 90278

Call for current programming.

### **North Redondo Senior Club**

**310-318-0650**

Perry Park Senior Center  
2308 Rockefeller Lane  
Redondo Beach, CA 90278

Call for current programming.

### **Peck Park Seniors**

**310-548-7580**

560 N. Western Ave.  
San Pedro, CA 90732

Monday, 10-1

Bingo, light aerobics, crafts, trips, tours, and lunch.

### **Redondo Beach Senior Club**

**310-318-0650**

Veterans Park Senior Club  
301 Esplanade  
Redondo Beach, CA 90277

Call for current programming.

## SENIOR CLUBS

### **Roaring 90's Club**

**888-537-8705**

Solutions for Senior Living  
P.O. Box 465  
Redondo Beach, CA 90277

A social club for those 90 yr. and older, to meet and enjoy fellowship with their peers. Those 85 yr. and older are invited to join as "trainees". The South Bay chapter boasts over 100 members. Contact person: Lynn Brennan, email: [solutionsforseniorliving@yahoo.com](mailto:solutionsforseniorliving@yahoo.com).  
Website: [www.solutionsforseniorliving.com](http://www.solutionsforseniorliving.com)

### **Sea-Aire Senior Citizens Golf Club**

**310-543-4653**

22730 Lupine Drive  
Torrance, CA 90505

Seniors meet at 9-hole golf course every Friday 8:30-11 am.

### **Sunshine Seniors**

**310-834-2312**

VFW Hall  
1130 Anaheim St.  
Wilmington, CA 90744

Offers bingo and fun trips. Dancing the 3<sup>rd</sup> Sunday of each month. Meets in the VFW room at 1:30 pm, on the 1st and 3rd Tuesday of the month. Special project is making blankets for soldiers and meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

### **Toberman Seniors Club**

**310-547-9266**

Toberman Center  
131 N. Grand Ave.  
San Pedro, CA 90731

Wednesday, 11:30-2

Weekly meetings, birthday celebrations, and trips. Must be a resident of San Pedro, Wilmington, or Harbor City. Contact person, Diana Bejarano.

## SKILLED NURSING

### DISCLAIMER

**The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.**

#### Bay Crest Care Center

**310-371-2431**

3750 Garnet St.  
Torrance, CA 90503

24 hours

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.

Website: [www.baycrestcarecenter.com](http://www.baycrestcarecenter.com)

#### California Registry

**800-777-7575**

17853 Santiago Blvd., Suite 107  
Villa Park, CA 92861

M-F, 8-5

Provides information on short and long-term housing, Alzheimer's, assisted living, board and care, skilled nursing and retirement. Free public service. Also see Alzheimer's, Board and Care and Retirement categories.

Website: [www.calregistry.com](http://www.calregistry.com)

#### Canterbury, The

**310-541-2410**

5801 W. Crestridge Rd.  
Rancho Palos Verdes, CA 90275

28-bed facility providing short-term skilled nursing and rehabilitation therapies. Also has independent and assistant living. Accepts Medicare (if doctor is on staff) and private pay only.

Website: [www.thecanterbury.org](http://www.thecanterbury.org)

## SKILLED NURSING

### **Connections Referral Service**

**800-330-5993**

2658 Griffith Park Blvd., Suite 224  
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals on board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Alzheimer's, Board and Care and Retirement categories.

Website: [www.carehomefinders.com](http://www.carehomefinders.com)

### **Del Amo Gardens Care Center**

**310-378-4233**

22419 Kent Ave.  
Torrance, CA 90505

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.

Website: [www.delamogardens.com](http://www.delamogardens.com)

### **Driftwood Health Care Center**

**310-371-4628**

4109 Emerald St.  
Torrance, CA 90503

99 beds in facility. Services include rehabilitation, hospice and custodial care in addition to skilled nursing. Accepts Medicare, Medi-Cal, and private pay.

Website: [www.wellness.com](http://www.wellness.com)

### **Earlwood Care Center**

**310-371-1228**

20820 Earl St.  
Torrance, CA 90503

82 beds in facility. Various levels of care. Has an Express Recovery unit. Medicare and Medi-Cal accepted. 24 hr. admissions hotline 310-618-4275.

Website: [www.earlwoodcarecenter.org](http://www.earlwoodcarecenter.org)



## SKILLED NURSING

### **Elderlink**

**800-613-5772**

**310-450-1888**

P.O. Box 5202

Santa Monica, CA 90409

M-F, 8-5

Licensed by Dept. of Health Services providing free senior referral for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call is available 24 hrs. Also see listings in the Alzheimer's, Board and Care, Hospice and Retirement categories. Website: [www.elderlink.org](http://www.elderlink.org)

### **Gardena Convalescent Center**

**310-532-9460**

14819 S. Vermont Ave.

Gardena, CA 90247

74 beds in facility. Services include skilled nursing, pain management care, rehabilitation therapies, hospice and respite care. American and Japanese food served. Accepts private pay, Medicare, Medi-Cal, and managed care plans.

Website: [www.gardenaconvalescentcenter.com](http://www.gardenaconvalescentcenter.com)

### **Goldstar Health Care of Inglewood**

**310-674-4500**

515 Centinela Ave.

Inglewood, CA 90302

68 beds in facility. Accepts Medicare, Medi-Cal, HMO's, and private pay.

Websites: [www.skillednursingfacilities.org](http://www.skillednursingfacilities.org)

### **Greenfield Care Center**

**310-329-9929**

16530 S. Broadway

Gardena, CA 90248

Must qualify for skilled nursing by referral from doctor. 50 beds. Medicare and Medi-Cal accepted.

Website: [www.evacares.com](http://www.evacares.com)

## SKILLED NURSING

### **Harbor Care Center**

**310-320-0961**

21521 S. Vermont Ave.  
Torrance, CA 90502

127 beds in facility. Skilled nursing services provided. Accepts Medicare, Medi-Cal, and HMO's.

Website: [www.harborcarecenter.com](http://www.harborcarecenter.com)

### **Heritage Rehabilitation Center**

**310-320-8714**

21414 S. Vermont Ave.  
Torrance, CA 90502

161-bed skilled nursing facility with physical, occupational, and speech therapies as well as hospice and respite care. Medicare, Medi-Cal and private pay accepted.

Website: [www.heritagerehabcenter.com](http://www.heritagerehabcenter.com)

### **Lomita Post-Acute Care Center**

**310-325-1970**

1955 W. Lomita Blvd.  
Lomita, CA 90717

68 beds in facility specializing in geriatric rehabilitation. In-house rehabilitation services consisting of physical, occupational, and speech therapies, pain management, pharmacy, lab and x-ray, psychiatry and psychological services offered. Social services are available as well as recreational programs. Medicare and private pay accepted. Rated 5 stars by state and federal inspectors of skilled nursing facilities.

Website: [www.lomitacarecenter.com](http://www.lomitacarecenter.com)

### **New Lifestyles**

**800-869-9549**

4144 N. Central  
Expressway #1000  
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Hospice and Retirement categories.

Website: [www.NewLifeStyles.com](http://www.NewLifeStyles.com)

## SKILLED NURSING

### **Providence Little Company of Mary Sub-Acute Care Center**

**310-732-6700**

1322 W. 6<sup>th</sup> St.  
San Pedro, CA 90732

125 beds in facility. Skilled nursing providing care for patients with tracheotomies and ventilators. Accepts Medi-Cal, Medicare and all insurance plans.  
Website: [www.providence.org](http://www.providence.org)

### **Providence Little Company of Mary Transitional Care Center**

**310-303-5900**

4320 Maricopa St.  
Torrance, CA 90503

80-bed short-term facility and rehabilitation center. Medicare and Medi-Cal accepted.  
Website: [www.providence.org](http://www.providence.org)

### **Royalwood Care Center**

**310-326-9131**

22520 Maple Ave.  
Torrance, CA 90505

110 beds facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.  
Website: [www.royalwoodcarecenter.com](http://www.royalwoodcarecenter.com)

### **South Bay Keiro Nursing Home**

**310-532-0700**

15115 S. Vermont Ave.  
Gardena, CA 90247

98 beds accepting Medicare, Medi-Cal, private and long-term insurance. Skilled nursing, rehabilitation, and short-term, and temporary use for respite and hospice care available.  
Website: [www.keiro.org](http://www.keiro.org)

## SKILLED NURSING

### **Sunnyside Nursing Center**

**310-320-4130**

22617 S. Vermont Ave.  
Torrance, CA 90502

300 beds providing skilled nursing, custodial and hospice care. Medicare and Medi-Cal accepted.

Website: [www.sunnysidenursing.org](http://www.sunnysidenursing.org)

### **The Canterbury**

**310-541-2410**

5801 W. Crestridge Rd.  
Rancho Palos Verdes, CA 90275

28-bed facility providing short-term skilled nursing and rehabilitation therapies. Also provides independent and assisted living. Private pay.

Website: [www.thecanterbury.org](http://www.thecanterbury.org)

### **Torrance Care Center (East)**

**310-370-5611**

4315 Torrance Blvd.  
Torrance, CA 90503

99 beds providing skilled nursing, rehabilitation, custodial, and hospice care. Medicare and Medi-Cal accepted.

Website: [www.skillednursingfacilities.org](http://www.skillednursingfacilities.org)

### **Torrance Care Center (West)**

**310-370-4561**

4333 Torrance Blvd.  
Torrance, CA 90503

96 beds with skilled nursing, rehabilitation, custodial, and hospice care. Accepts Medicare and Medi-Cal.

Website: [www.skillednursingfacilities.org](http://www.skillednursingfacilities.org)

## SKILLED NURSING

### Vermont Care Center

310-328-0812

22035 S. Vermont Ave.  
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services and accepts individuals with Alzheimer's. Medicare, Medi-Cal, private pay, and some HMO's are accepted. Also see Alzheimer's category.

Website: [www.vermontcarecanter.com](http://www.vermontcarecanter.com)

## **SOCIAL SECURITY**

### **Social Security Administration**

**800-772-1213**

22600 Crenshaw Blvd.  
Torrance, CA 90505

M-F, 9-4

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance. Also see Hotline, Non-urgent and Veterans categories.

Website: [www.ssa.gov](http://www.ssa.gov)

### **Social Security Fraud Hotline**

**800-269-0271**

P.O. Box 17768  
Baltimore, Maryland 21235

M-F, 10-4 ET

Report fraud, waste, or abuse within the Social Security programs such as retirement, disability, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Complaints and Hotline/Urgent categories.

Website: [www.socialsecurity.gov/org/hotline](http://www.socialsecurity.gov/org/hotline)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

M-F, 9-5

Social Security and SSI benefits advocacy information and referral for people with disabilities and elderly. Also see Advocacy, Case Management, Disabilities, Employment and In Home Services.

Website: [www.wcil.org](http://www.wcil.org)

# **TAX ASSISTANCE**

## **Income Tax Filing Assistance**

**310-618-2724**

M-F-9-2:30

The AARP Foundation in conjunction with the IRS provides free tax return preparation and counseling to all by certified volunteers, with special attention for ages 60 and older with low or moderate income. Program operates February 1 through April 13, Monday through Friday in Torrance on a first come, first served basis; no appointments are allowed. Bring records and last year's returns, all forms, W-2's, and 1099's. Tax assistance also operates in North Redondo and Manhattan Beach. Each year location to be determined. Phone the number above to find the locations for all sites in the South Bay.

## **Internal Revenue Service**

Federal Tax Forms, 800-829-3676

Problem Resolution Hotline, 877-777-4778

Website: [www.irs.gov](http://www.irs.gov)

## **L.A. County Tax Collector**

**888-807-2111**

**213-974-2111**

M-F, 8-5

Kenneth Hall of Administration

225 N. Hill St.

Los Angeles, CA 90012

U.S. government responsible for tax collection and tax law enforcement. Website contains downloadable forms, instructions and publications. To order tax forms and material call 800-829-3676. Live telephone assistance is available M-F, 7 am – 10 pm to ask questions, help prepare a tax return and inquire about a notice received. The hours are M-F, 7 am–7 pm.

Website: <http://ttc.lacounty.gov>

# TRANSPORTATION

## **Access Services, Inc.**

**800-827-0829**

Services all L.A. County

M-F, 8-5 (office hours)

Disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. Operates 7 days a week. Also see Disabilities category. Website: [www.accessla.org](http://www.accessla.org)

## **Amtrak**

**800-872-7245**

Website: [www.amtrak.com](http://www.amtrak.com)

## **Beach Cities Transit**

**310-802-7684**

The Wave  
415 Diamond  
Redondo Beach, CA 90277

M-F, 6:15 am-9 pm  
Sat, Sun, 8 am-9 pm.

Provides registered Redondo Beach and Hermosa Beach residents 62 years and older or disabled any age with curb-to-curb transportation. Must register at 310-937-6660. Fare is \$1 each way, 7 days a week, 6 am-9 pm and holidays. Need to have exact change. Lift vehicles available. Transportation is provided within Hermosa and Redondo Beach, as well as satellite locations, which includes several health care facilities, El Camino Community College, Manhattan Beach Social Security office, Providence Little Company of Mary Hospital and Torrance Memorial hospitals. Website: [www.redondo.org](http://www.redondo.org) (go to Services then Beach Cities Transit)

## **Carson Circuit**

**310-225-2545**

M-F, 8-5

Bus services in Carson. Monthly Carson Circuit Pass \$30. Standard ride costs \$1. Seniors are free. Call for route information. Website: [www.ci.carson.ca.us](http://www.ci.carson.ca.us)



# TRANSPORTATION

## **Carson Dial-a-Ride**

**310-835-0212**

**Ext. 1489**

**M-Th, 7-6**

Services residents of Carson seniors 60 years and older, and/or disabled. Provides taxi cards for rides within the city and satellite destinations.

Website: [www.ci.carson.ca.us](http://www.ci.carson.ca.us)

## **Department of Motor Vehicles (DMV)**

**800-777-0133**

1785 W. 220th St.  
Torrance, CA 90501

**M, Th, F, 8-5**

**Wed, 9-5**

Drivers and vehicle licenses, identification cards. Location is south of Carson St. near Abalone. For faster service, call for appointment or use website.

Website: [www.dmv.ca.gov](http://www.dmv.ca.gov)

## **Dial-A-Taxi, Torrance**

**310-618-2536**

West Annex, Torrance City Hall

**M-Th, 10-noon, 1-5**

**Alternate Fridays**

Special service for disabled citizens who are unable to access regular modes of public transportation. Call to determine eligibility. Also see Torrance Community Transit Program in this category.

Website: [www.torranceca.gov](http://www.torranceca.gov)

## **El Segundo Dial-a-Ride**

**310-524-2704**

**M-F, 9-3**

**Sat, 11-3**

Door-to-door service for senior adults and disabled El Segundo residents only. Call for appointments and hours.

Website: [www.elsegundo.org](http://www.elsegundo.org)

# TRANSPORTATION

## **Gardena Special Transit**

**310-21709552**

M-F, 8-4:30

For senior residents 60 years and older, or physically disabled for Gardena, Hawthorne and certain parts of LA County (Alondra Park and Del Aire). Must register at Gardena Senior Citizens Bureau, 1670 W. 162nd St., Gardena. Goes to selected malls and medical facilities outside of Gardena. Fare is 75 cents.

Website: [www.ci.gardena.ca.us/departments/transportation/special transit](http://www.ci.gardena.ca.us/departments/transportation/special%20transit))

## **Hermosa Beach Dial-a-Taxi**

**310-318-0251**

M-Th, 7-6

Provides taxi vouchers for seniors 62 years and older, and/or disabled for Hermosa Beach residents. The boundaries are: El Segundo (north), Crenshaw Blvd. (east), and Pacific Coast Highway (south). Taxi service operates 24 hours. Must apply for pass from MTA first, before going to City Hall for vouchers. Application form can be obtained at Hermosa Beach Finance cashier office at 1315 Valley Dr., Hermosa Beach. Need current utility bill to prove residency.

Website: [www.hermosabch.org](http://www.hermosabch.org) (go to “about us”, Senior Programs.)

## **Lawndale Senior Transit**

**310-973-3270**

M-F, 8-4

Curb-to0curb transportation service available for disabled and seniors, age 60 and over residing in Lawndale. Free of charge to residents. Pick-ups are made anywhere within the incorporated boundaries of Lawndale. The transit is available for medical, dental, banking, shopping, hairdressing and recreation activities. For more information, leave a voice message at 310-973-3287. A 48 hr. advance notice required (Monday thru Friday only).

Website: [www.lawndalecity.org](http://www.lawndalecity.org)

# TRANSPORTATION

## **Lomita Dial-A-Ride**

**310-325-7110**

**Ext. 102**

24300 Narbonne Ave.  
Lomita, CA 90717

M-Th, 7:30-5:30  
Alternate Fridays, 8-5

Lomita residents only, 65 years and older or disabled of any age. Provides around the clock transportation within service area and 6 satellite points: Harbor General Hospital, Farmers Market, Torrance, Kaiser Foundation, Carson, Providence Little Company of Mary, Torrance and San Pedro, and Beach Cities Health District. Service area bound by Hawthorne, Vermont, Sepulveda, and Pacific Coast Highway, and Palos Verdes Drive North between Western and Narbonne. Any destination past the boundaries requires additional fee. Initial registration at City Hall. Swipe card system used. Website: [www.lomita.com](http://www.lomita.com) (go to city hall, city departments/community services).

## **Lomita Dial-A-Taxi**

**310-325-7110**

**Ext. 102**

24300 Narbonne Ave.  
Lomita, CA 90717

M-Th, 7:30-5:30  
Alternate Fridays 8-5

Lomita residents who are disabled/wheelchair bound. No age restriction. Service to Lomita and Torrance and a number of South Bay medical facilities and colleges. Tickets need to be purchased at City Hall. Website: [www.lomita.com](http://www.lomita.com) (go to city hall, city departments/community services).

## **Manhattan Beach Dial-a-Ride**

**310-545-3500**

M-F, 6:30-noon, 1-5:00  
Sat, Sun, 8-noon, 1-5

Curb-to-curb transportation service for seniors 55 years and older and/or disabled of any age, within city boundaries, and designated satellite locations in Hermosa Beach, Redondo Beach, Torrance, and Lawndale. Website: [www.ci.manhattan.beach.ca.us](http://www.ci.manhattan.beach.ca.us)

# TRANSPORTATION

## **Metropolitan Transit Authority (MTA)**

**323-466-3876**

One Gateway Plaza  
Los Angeles, CA 90012-2952

M-F, 6:30 am-7:00 pm  
Sa/Su, 8-5:30

Information on a Metro System offering 200 bus lines and 4 rail lines. For senior-disabled discount, call 213-680-0054, the Reduce Fare Office, M-F, 8-4. Riders with hearing or speech impairments, use the CA Relay Service, 711, and then dial phone number you need. Wheelchair Lift Hotline: 800-621-7828. Information available for the counties of L.A., Orange, Riverside, San Bernardino and Ventura. Operating hours, M-F, 6 am – 8:30 pm, Sat/Sun, 8 am – 6 pm.

Website: [www.commutesmart.info](http://www.commutesmart.info) (route information)

Website: [www.metro.net](http://www.metro.net) (getting around using Metro system)

Website: [www.metro.net/riding/senior-tips](http://www.metro.net/riding/senior-tips) (senior tips for riding Metro)

## **Peninsula Transit Authority Dial a Ride**

**Service, 800-400-2924**

38 Crest Road West  
Rolling Hills, CA 90274

24/7

For seniors 60 years and older or disabled. Services Peninsula area with curb-to-curb service. Will provide transportation to doctor's offices, medical buildings and hospitals in Torrance, Harbor City, San Pedro, Lomita, and Redondo Beach. For ambulatory persons service is available 24/7. Also can transport persons in wheelchairs, M-F, 6 am – 6 pm. For general information call 310-544-7108. Pre-registration is required.

Website: [www.palosverdes.com](http://www.palosverdes.com)

## **Public Transportation**

### **South Bay Region**

All South Bay cities' transportation departments provide discounts for seniors and disabled riders. Refer to Transportation section of this directory. Also see Discounts category.

# TRANSPORTATION

## Taxi Operators

Companies accepting Torrance Senior Taxi Program tickets:

All Yellow Taxi, 310-715-7556

South Bay Yellow Cab/United Checker Co-op, 866-400-4103

Bell Cab, 800-999-9977

## Torrance Community Transit Program

**310-618-2536**

Torrance City Hall, West Annex

M-Th, 10-11:30 and 1-4:30

3031 Torrance Blvd.

Torrance, CA 90503

The Dial-A-Taxi provides service for disabled citizens who are unable to access regular modes of public transportation. Call to determine eligibility. For Senior Taxi you must be a Torrance resident 65 years or older. First time riders must register in person at the City Hall West Annex Transit Center. Tickets are renewed by mail thereafter. Does not pick up any location east of Western Ave. Wilmington Transportation Department provides service east of Western. Call for information, 310-518-4533. All taxi tickets have a value up to \$13. Any ride over \$13 the participants are required to pay the difference. Tickets can be used for travel out of Torrance boundaries.

Website: [www.torranceca.gov](http://www.torranceca.gov)

## Torrance Memorial Medical Center

**310-517-4764**

3330 Lomita Blvd.

M-F, 8:00-4

Torrance, CA 90505

Free round trip van for going to or from the Medical Center for inpatient or outpatient services (10 mile radius). Reservations required and service is provided on a first-come, first-service basis. Shuttle to adjacent doctors' offices for persons under 50 years costs \$5.00 one-way and those over 50 years pay \$3.00 one-way. Also see Volunteer category.

Website: [www.torrancememorial.org](http://www.torrancememorial.org)

## **TRANSPORTATION**

### **Torrance Transit System**

**310-618-6266**

M-Th, 7:30-5:00

Provides bus service throughout the South Bay and offers Municipal Area Express (MAX), a commuter service to El Segundo. Torrance Transit also provides service to LAX. Seniors 65 years and older and/or disabled can ride for a reduced fare with a transit I.D. card that is issued at West Annex of Torrance City Hall, 3031 Torrance Blvd. Call for hours.

Website: [www.torranceca.gov](http://www.torranceca.gov)

Website: [www.maxbus.com](http://www.maxbus.com) MAX bus (Municipal Area Express commuter service)

### **Wilmington Multipurpose Senior Center**

**310-518-4533**

1371 Eubank Ave.

M-F, 8-4:30

Wilmington, CA 90744

City of L.A. resident transportation for Harbor area residents who are 65 years and older, or disabled. Van services zips: 90744, 90731, 90732, 90710, 90501, 90502, (east of Western Ave, Torrance). Information on CITYRIDE and L.A. City transport program (Para-transit) available by calling Maribel in the Transportation Department. Also see Case Management, Legal, Meals/Nutrition and Senior Centers categories.

Website: [www.laparks.org/dos/senior/facility/wilmingtonscc.htm](http://www.laparks.org/dos/senior/facility/wilmingtonscc.htm)

# VETERANS

## **California Association of County Veterans Service Officers**

**561-826-8000**

**Ext., 4662**

**M-F, 8-4**

5901 E. 7<sup>th</sup> Street, Rm. 217  
Long Beach, CA 90822

A non-profit educational and professional organization through which California's Veterans Service officers help each other to do a better job of advocacy and claims work for veterans. Provided are training forums, updates on regulations, professional/technical seminars, research into the veteran community and advocacy on veterans' issues. Also provided are information, training and assistance to organizations furnishing claims assistance to veterans, networking with their organizations, outreach to hard-to-contact elements of the veteran community and advocacy for veterans' families.

Website: [www.cacvso.org](http://www.cacvso.org)

## **California Department of Veteran Affairs**

**310-620-2755**

Administration Office  
11000 Wilshire Blvd., #5203  
Los Angeles, CA 90024

**M-Th, 8-5**

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Website: [www.cdva.ca.gov](http://www.cdva.ca.gov)

## **Comfort Keepers Veterans Program**

**310-325-6500**

25124 Narbonne Ave., Suite 102  
Lomita, CA 90717

**M-F, 9-5**

Financial assistance for in-home care for American veterans and their surviving spouses. Call for eligibility requirements for low-cost or no cost non-medical in home care services. The Veterans Administration pays for services.

Website: [www.comfortkeepers.com/office-372](http://www.comfortkeepers.com/office-372)

# VETERANS

## **Defense Finance and Accounting Services (DFAS)**

**800-321-1080**

M-F, 8-5 ET

Survivor Benefit Plan for survivor of military retiree. Monthly annuity pays 35% of retiree's pay to beneficiary upon the death of the retiree.

Website: [www.va.gov](http://www.va.gov)

## **Military and Veterans Affairs, L.A. County**

**877-452-8387**

2615 S. Grand Ave., #100  
Los Angeles, CA 90007

M-F, 8-4

The professionally trained and accredited veterans benefits counselors provide information and assistance with the following Department of Veterans Affairs benefits: compensation for service-connected disabled veterans, pension for non-service-connected disabled veterans, life insurance, cemeteries and burial, benefits for surviving spouse and children, medical care, and educational/vocational rehabilitation benefits. Home calls may be made to assist elderly or handicapped persons. Service is free of charge.

Web site: <http://dmva.co.la.ca.us/default.htm>

Website: [www.mva.lacounty.gov/wps/portal/mva](http://www.mva.lacounty.gov/wps/portal/mva)

## **National Coalition for Homeless Veterans**

**800-838-4357**

3331/2 Pennsylvania Ave., SE  
Washington, DC 20003

M-F, 8:30-5 ET

The organization is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for homeless veterans.

Website: [www.nchv.org](http://www.nchv.org) (click "help for veterans" then "locate organizations")



## **VETERANS**

### **National Organization of Veterans' Advocates**

**877-483-8238**

1425 K St. NW, Suite 350  
Washington, D.C. 20005

A non-profit group maintains an excellent directory of lawyers who practice veterans law. The easy-to-navigate directory is organized by state. See also Legal category.  
Website: [www.vetaadvocates.com/directory2-html](http://www.vetaadvocates.com/directory2-html)

### **San Pedro Service Center**

**310-519-6091**

769 W. Third St.  
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors for 60 yrs. Nutritional program of 5 -course meal for \$2, Monday through Friday. On site assistance on Friday's with veterans benefits at no charge. Also see Case Management, Employment, Meals and Nutrition and Senior Centers.

Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

### **Serene Haven**

**855-573-7363**

3010 Old Ranch Parkway  
Seal Beach, CA 90740

M-F, 9-5

Provides permanent and/or transitional housing for disabled veterans. Supportive services such as mental health counseling, physical therapy, drug and alcohol rehabilitation and job placement services are available to all veterans who reside at Serene Haven facilities.

Two permanent apartment complexes for veterans have been established in Los Angeles, CA.

Website: [www.serenehaven.org](http://www.serenehaven.org)

# VETERANS

## **Social Security Administration**

**800-772-1213**

22600 Crenshaw Blvd.  
Torrance, CA 90505

M-F, 9-4

Information and referral. Handles Social Security benefits, Medicare, Supplemental Security Income (SSI), retirement, survivors, and disability insurance. Also see Hotline Non-urgent and Social Security categories.

Website: [www.ssa.gov](http://www.ssa.gov)

## **U.S. Department of Veterans Affairs**

**800-827-1000**

M-F, 8-3:30

For those with military service completed under conditions other than dishonorable discharge. Provides information and publications on services, locations and benefits including comprehensive medical and dental care, educational, home loans, insurance benefits, vocational rehabilitation, compensation and pension. Nursing home and domiciliary care provided. Reimbursement of burial in a national cemetery, headstone or marker and American flag. Also refer to LA County Veterans Affairs in this category.

Website: [www.va.gov](http://www.va.gov)

## **VA Century Villages at Cabrillo**

**562-388-8000**

2001 River Ave.  
Long Beach, CA 90810

M-F, 8:30-12, 1-5:30

The U.S. Veterans Initiative administers the facility. A residential community offering transitional housing for homeless veterans and families. Services include a residential addiction treatment program, a residential job re-entry program, long-term supported housing for veterans, and rental assistance housing for senior and disabled veterans. All programs offer food, supportive services and employment assistance to veterans. The VA Health Clinic provides comprehensive veterans' medical care at 5901 E. Seventh St., Long Beach, CA 90822, phone 562-826-8000, ext. 8414.

For housing appointments call 562-388-8000.

Website: [www.centuryvillages.org](http://www.centuryvillages.org)

## **VETERANS**

### **VA West Los Angeles Healthcare Center**

**310-478-3711**

**Ext. 49711**

Comprehensive Homeless Access Center: Bldg. 206  
11301 Wilshire Blvd.  
Los Angeles, CA 90073

M-F, 8-4

Services provided for veterans: homeless programs, health care services, transitional housing programs, benefits counseling and mental health outpatient care. Contact Juma Rafiki, a veterans outreach worker, for questions and assistance.

Website: [www.losangeles.va.gov/](http://www.losangeles.va.gov/)

### **Veterans Affairs, California Department of**

**310-620-2755**

Administration Office  
11000 Wilshire Blvd., #5203  
Los Angeles, CA 90024

M-Th, 8-5

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Website: [www.cdva.ca.gov](http://www.cdva.ca.gov)

### **Veterans Crisis Line**

**800-273-8255 (TALK)**

**Ext. 1**

A free hotline set up by the Veterans Health Administration giving 24/7 access to trained counselors who know what a veteran is going through. Provides support for veterans in crisis and their family and friends. All calls are confidential. Also see Hotline, Urgent category.

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Website: [www.suicidepreventionlifeline.org/veterans](http://www.suicidepreventionlifeline.org/veterans)

# VETERANS

## **Veterans Employment Service**

**310-782-2101**

Employment Development Department  
1220 Engracia Ave.  
Torrance, CA 90501

M-F, 8-5

Provides outreach and public information activities for veterans to develop and promote maximum employment and job training opportunities.

Website: [www.hiretorrance.com](http://www.hiretorrance.com)

## **Veterans First**

**323-904-4900**

**Ext. 3904**

Jewish Vocational Service of Los Angeles

M-F. 8:30-5

Veterans First program provides career coaching to veterans, helping navigate the civilian business world. Will help assess job skills and, if needed, will help get additional education and training. The veteran must be under employed with honorable discharge or general under honorable conditions. Does not need to be Jewish but have to live in the Los Angeles area. Must be a resident of Los Angeles area.

Contact person: Jessica Cheng. Also see Employment category.

Website: [www.jvsla.org](http://www.jvsla.org)

## **Veteran Service, L.A. County**

**562-826-8000**

**Est., 4662**

5901 E. 7<sup>th</sup> Street, Rm. 217  
Long Beach, CA 90822

M, W, F, Sat., 8-3

A veterans service officer interviews veterans and their dependents to determine Aid and Attendance eligibility for VA Federal benefits. Through this process, counseling and guidance is given on how to complete a benefit package and a claim. Criteria to be eligible for the Aid and Attendance benefit is: veteran must serve between any of the following dates: 12-07-41 to 1-31-46, 6-27-50 to 1-31-55, 2-28-61 to 5-07-75 (in Republic of Vietnam), 8-05-64 to 5-07-75, and 8-02-90 to present. Prior to 1985, the veteran must serve over 90 consecutive days, and the veteran must be considered permanently or totally disabled or be over 65. Also the veteran must meet income qualifications. Appointments are preferred and can be made on line at <https://my.timedriver.com/XHGQK>.

# VOLUNTEERING

## **American Red Cross**

**310-225-2900**

1995 W. 190th St., Suite 100  
Torrance, CA 90504

M-F, 8:30-5

CPR, First Aid, and instruction in disaster preparedness. Located next to Marriott Courtyard in Business Park. Also see Education and Health Services categories.  
Website: [www.redcross.org](http://www.redcross.org)

## **Beach Cities Health District**

**310-374-3426**

**Ext. 128**

510 N. Prospect Ave., 3<sup>rd</sup> floor  
Redondo Beach, CA 90277

Volunteers needed for the wellness programs, Conversation Companions, Peer Counseling Program, Errand Volunteer Program, Support Line, Move-Well in-home exercise program, community events, fitness programs, office help, and working with children. Also see Case Management, Education and Health Services categories.  
Website: [www.bchd.org](http://www.bchd.org)

## **Focal Point on Aging**

**310-320-1300**

1339 Post Ave.  
Torrance, CA 90501

M-F, 9-3

Provides information and referrals for services in the community for seniors, caregivers, and family members. Volunteer commitment is a 3 hour shift each week.  
Website: [www.torranceca.gov/parks/6619.htm](http://www.torranceca.gov/parks/6619.htm)

## **James Armstrong Theater**

**310-618-6339**

3330 Civic Center Drive  
Torrance, CA 90503

Volunteers needed to serve as ushers and ticket takers.  
Website: [www.torrnet.com](http://www.torrnet.com)

## VOLUNTEERING

### **Providence Little Company of Mary Medical Center, Torrance**

**310-303-5805**

4101 Torrance Blvd.  
Torrance, CA 90503

Wide range of volunteer opportunities throughout the hospital and its affiliated sites.  
Website: [www.providence.org/southbay](http://www.providence.org/southbay)

### **South Bay Literacy Council**

**310-373-7003**

Hillside Village  
24586 Hawthorne Blvd., #11  
Torrance, CA 90505

M-Th, 10-4

Teach adult students 18 years and older to read, write and speak English. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary. Also see Education category.  
Website: [www.southbayliteracy.org](http://www.southbayliteracy.org)

### **South Coast Botanic Gardens**

**310-544-1847**

26300 Crenshaw Blvd.  
Palos Verdes Peninsula, CA 90274

7 days, 9-5

Volunteers needed as tour guides, garden maintenance jobs, gift shop, and craft workshops.  
Website: [www.southcoastbotanicgarden.org](http://www.southcoastbotanicgarden.org)

### **Torrance Memorial Medical Center**

**310-325-9110**  
**Ext. 4752**

3330 Lomita Blvd.  
Torrance, CA 90505

A variety of volunteer positions are available at the medical center. All days and times. Orientation is conducted five times per year and training is provided.  
Website: [www.torrancememorial.org](http://www.torrancememorial.org)

# **VOLUNTEERING**

## **Torrance Volunteer Programs**

**310-618-5965**

Volunteers participate in many city programs, working 4 to 40 hours a week in a variety of jobs such as City Cable, Finance, Fire Department, General Services, Library, Community Services Department, Police Department, Madrona Marsh, sports programs, cultural arts center and Street Services.

Website: [www.tornet.com](http://www.tornet.com)

## **Volunteer Center**

**310-212-5009**

1230 Cravens Ave.  
Torrance, CA 90501

Serves South Bay, Harbor, and Long Beach areas. Will provide volunteer referral to over 600 agencies.

Website: [www.svolcenter.org](http://www.svolcenter.org)

## **Torrance YMCA**

**310-325-5885**

2900 W. Sepulveda Blvd.  
Torrance, CA 90505

Volunteer positions available.

Website: [www.ymcala.org/torrance-south-bay](http://www.ymcala.org/torrance-south-bay)

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